

Focus: Distance

Monday & Tuesday

April Goal: Timed 1K (1000 yds)

Warm up:

300/200 Swim

4x (30" V-Kick + Odd 25 NF/Even 25 Free) (800)

Drill:

4 x 50 Free - w/fins

25's - Side Kick "1 goggle in, 1 goggle out"

25's - "6-3-6" (200)

Distance:

3 x 250/150 descend 1-3 @base +20"

1 x 250/150 Broken Fast R:10"
(100 + 50 + 50)

1 x 300/200 Pull (B3) (1300/800)

Timed: 500 Free (500)

Bonus:

3 x 100 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 200 Pull (B3) (800)

Cool Down:

3 x 100 Choice, non-free, slide-n-glide, DPS