

"Pyramid....of DEATH!!!!"

Thursday

Warmup:

1x600 S.K.I.

200 Swim

8 x 25 Kick @35" or 40"

200 IM (25 swim/25 drill each stroke)

(800)

Main Set 1: Lowering distances, but rising intensities, then
come back down

4x125 Floating 50s IMs R:20"

(50 fly/25bk/25br/25fr, then 25fly/50bk/25br/25fr,
and so on...)

4x100 Strong Swim 2:00/1:50/1:40

4x75 25 Fly – 25 Bk – 25 Br 1:50/1:45/1:35

4x50s Fast, REDUCE intervals! Start at:
1:00/:55/:50,
Reduce :05 for each 50.

4x75 25 Fly – 25 Bk – 25 Br 1:50/1:45/1:35

4x100 Strong Swim 2:00/1:50/1:40

4x125 Floating 50s IMs R:20"

(50 fly/25bk/25br/25fr, then 25fly/50bk/25br/25fr,
and so on...)

(2600)