

Focus: Distance - May Goal "Best 200 yd"

Monday & Tuesday

Warm up:

300 Swim (odd 25 "finger-tip drag")

4x (25 SLOB Kick + 25 Fast Kick)

4 x 75 - 25's (Back/Breast/Free) (800)

Drill:

4 x 50 Free - (fins?)

25's - "6-1-6" (slide-n-glide) <6 cycles/25

25's - "Free Rhythm Drill" (200)

Distance:

2 x 125 Broken - Choice
(50 + 50 + 25)

R:05"-10"

3 x 250/200 descend 1-3

@base +20"

1 x 400/300 Pull (B3)

(1150/750)

1 x 200 Kick Choice - **Timed**

3 x 100/50 descend 1-3

@base +10"

4/2 x (25 Back/25 Breast/25 Free) R:05"

1 x 200/100 Pull (B3) - **Timed**

(1000/600)

Cool Down: 3 x 100 Choice