

Focus: Distance - Descends

Monday & Tuesday

Warm up:

300 Swim (150 Free + 150 N/F)

200 Pull B3 - "anchor & hip drive" (500)

Re-Group:

4 x 50 Kick & Pull (25 fast flutter + 25 SA Pull)

2x (50 Scull w/buoy + 50 "6-3-6" slide-n-glide)(400)

Negative Split and Descends second 75

3 x 150 Negative Swim - Descend R:20"

1 x 200 Fast Swim - **Timed** R:30"

2 x 150 Negative Swim - Descend R:20"

1 x 200 Fast Swim - **Timed** R:30" (1150)

Bonus - Choose your Set:

(1) 2x (150 Pull + 150 Swim - 3rd 50's faster) (600)

(2) Hold steady pace

10x (25 Fly or Breast + 50 Free) (750)

Cool Down: 300 mix - swim, kick, pull