

Focus: Sprint - Maintain Fast 50's

Wednesday & Thursday

Warm Up:

300 Swim Choice

4 x 75 (50's Rhythm Drill + 25's Catch up Swim)

4 x 75 - 25's Fast Kick R:20" (900)

2x or 1x thru: Set Goal for Fast 50's & Maintain:

1 x 200 Negative Split - **Timed** R:30"

1 x 100 Ez Choice R:20"

1 x 50 FAST @:90"

1 x 100 Ez Choice R:20"

3 x 50 FAST @90"

1 x 100 EZ Choice

5 x 50 FAST @90" (1900/950)

Bonus Choose your Set:

(1) 2x (150 Swim/150 Pull - Middle 50's faster) (600)

(2) Hold steady pace

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

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull