

Warm Up:

3 x 50 Free/50 Back, Swim - Match DPS Cycles

8/4 x 50 Extension-Kick @:10

8/2 x 25 Free/25 Back, Pull - Match DPS Cycles

1 x 100 "Glove (catch-up) Stroke"

(1000/700)

3x or 2x thru:

8 x 25 Odd Streamline Back Kick/Even Drill

R1 Drill: "Shark Fin" or "Bow and Arrow"

R2 Drill: 3 RA, 3 LA

R3 Drill: Overkick

4 x 50 Swim Choice base +:10/@:10

Descend 1-4

1 x 100 Pull, long perfect stroke (1500/1000)

1x thru: Challenging pace 75%-85%

5 x 100/50 Free base +:10/@: 20 (500/250)

1x thru:

1x 100 EZ Recovery Choice

8/4x 50 Stroke Choice base +:15/@: 20

3 fast/1 ez

1x 100 EZ Recovery Choice (600/400)