

## Effective Repetition

Friday, 6/21/24

### **Warm Up:**

300 Swim EZ

100 Kick

100 Pull

4 x 25 Swim Fast

(600)

### **Main: Rest 10" between all sets**

2 x 100 Free w/fins, moderate pace

3 x 50 Free Kick on side w/fins, fast pace

4 x 25 Sprint Free, no fins

1 x 200 Free, moderate pace, no fins,

By 25's breathe pattern: 3rd/5th/7th stroke

(650/1250)

2 x 100 Non-Free choice, fins optional, moderate pace

3 x 50 Non-Free kick, fins optional, fast pace

4 x 25 Sprint, non-free, no fins

1 x 200 IM, moderate pace, no fins

(650/1900)

1 x 100 Pull

2 x 50 Pull, fast pace

4 x 25 Sprint Free

1 x 200 Free, moderate pace, no fins,

By 25's breathe pattern: 3rd/5th/7th stroke

(500/2400)

10 x 50 Swim Choice: odd 50's EZ/ Even 50's FAST! R: 15"

(500/2900)

### **Cool Down:**

200 EZ