

Focus: Mid-Distance - Swim under Pace

Monday & Tuesday

Warm up: Maximize Streamline - Keep head low

200 Swim + 50 Long Doggy Paddle

200 Swim + 50 Rhythm Drill

2 x (50 Swim DPS) + (4 x 25 Fast Kick) (800)

Speed Challenge:

3x (50 Build + 50 "Timed" + 50 Ez)

3 x 100 Hold Fastest Pace @base +30"

1 x 100 Ez - "Silent Swim" (850)

Swim each 100 - 3 seconds under pace:

3 x 200 Descend 1-3 @base +30"

1 x 100 Ez

2 x 200 N/S @base +30"

1 x 100 Ez

1 x 200 Pace -:03

1 x 100 Ez (1500)

Cool Down: 4 x 50 Streamline, DPS, "Silent Swim"