

2sday, 7/2 Focus on 200s 2gether
(middle distance endurance)

Warm up (600):

200 swim

200 kick

200 drill (broken in 50s IMO)

4 x 200 IMO: R:20sec (800)

1) 25 fly, 75 back, 25 breast, 75 free

2) 50 fly, 50 back, 50 breast, 50 free

Repeat #1 and #2

200 free easy or pull

4 x 200 free, fast then steady: R:20sec (800)

6) 25 free fast, 175 free steady

7) 50 free fast, 150 free steady

8) 100 free fast, 100 free steady

9) 150 free, 50 steady

200 cool down
