

Maintain Consistent Pace

June 26, 2024
(Wednesday)

Warm Up: Streamline off the walls

200 EZ Choice + 150 Kick Choice + 200 Pull

Kick on your side for part of the kick (550)

Drills:

4 x 50 Drills: choice—mix it up

6 x 25 Mid-Pool Fast Turns w/Streamline Breakout
(feedback to your lane mates is encouraged)
(350)

Consistent Pacing

1x thru: Moderate Pace Swim R:15 sec

4 x 75 Swim 25 fly/25 free/25 back

4 x 75 Swim 25 back/25 free/25 breast (600)

Best Effort Pacing (2 x thru) @ base + 20 sec

3 x 100 R#1 Free, R#2 Non-free (600)

Pyramid Pull:

R: 10 sec

100/200/100 or 50/100/50 (400/200)

5:45 Regroup

10-Minute Swim

Track your distance