

Focus: Stroke Training & Pull Sets

Wednesday & Thursday

Warm up

200 Swim

8 x 25 Fast Kick @:40/:45/:50

4 x 50 (25's 2 Fly/3 Breast + 25's DPS Odd Fly/Even Br

4 x 50 Sprint Choice @:60/:75/:90 (800)

2x or 1x thru:

2 x 150 3rd 25 Br or Fly @ 85% R:15"

1 x 150 Pull R:15" (900/450)

- ReGroup -

1x thru:

4 x 50 Odd 50 Breast (1 pull + 2 kick) + Even 50 Free

4 x 50 Odd 50 EZ Fly + Even 50 Free (400)

- ReGroup -

2x or 1x thru:

2 x 150 Pull @ 85% R:15"

1 x 150 3rd 25 Br or Fly R:30" (900/450)

Cool down:

2 x 100 "Silent Swim"