

Focus: Sprints - Timed 50's

Friday

Warm Up:

300 Swim Choice

4 x 75 (Rhythm Drill + 25's Glove Stroke)

8 x 25 Fast Kick @:35/:40 (800)

Timed: 50 Free (50)

Speed Changes

4 x 50 N/F Mod Pace @base +15"

1 x 200 Free- Negative Split @base +20"

4 x 50 N/F Build @base +15"

2 x 200 Free- Negative Split @base +20"

4 x 50 N/F Descend 1-4 RI:15"

1 x 200 Free - Negative Split @base +20" (1400)

Timed: 50 Back (50)

4x thru: (#1 & #3 N/F/#2 & #4 Free)

1 x 25 Ez @:40"

1 x 25 Ez/Fast @:40"

1 x 25 Ez @:40"

1 x 25 Fast @:40" (400)

Cool Down: 2 x (50 Fr + 50 Back) "Silent Swim"