

Focus: Maintain Consistent Pace

Wednesday

Warm Up: Streamline & Underwaters

300 Free (every 3rd 25 "Long Doggy Paddle")

300 Non-Free (600)

- Re-Group -

Drills: re-group within lane pods & give each other feedback

8 x 25 Mid-Pool: Fast Turns, Streamline, Breakout

- Re-Group -

1x or 2x thru: Moderate Pace Swim R: 15"

4 x 75 (25 Fly/25 Free/25 Back)

4 x 75 (25 Back/25 Free/25 Breast) (600/1200)

Pyramid Pull: R: 10"

150/200/150 (500)

- Re-Group -

Consistent Pacing:

15 minute Swim – Predict & Track your Distance (800+)