

Focus: Stroke - Moderate Pace

Wednesday

Warm up:

200 Free Swim + 200 Pull

8 x 25 Fast Kick @:40"/:50" (600)

Build to 200 IM: (600)

200 *IM Drill + 100 IM Kick + 100 *IM Drill + 200 IM
*IM Drills (LA 3Fr/4Bk, SA 3Br/2Fly) or Single Arm

Non-Free Swims Maintain Moderate Pace:

(1550 option start at top, 1000 option start middle set)

3 x 100 Non-Free R:15"

1 x 150 Free R:15"

1 x 100 IM FAST R:30"

2 x 100 Non-Free R:15"

1 x 150 Free R:15"

1 x 100 IM FAST R:30"

3 x 100 Non Free R:15"

1 x 150 Free R:15"

1 x 100 IM Fast (1550/1000)

Cool down: 3 x 100 "Silent Swim"