

Focus: Consistent Pace

Thursday

Warm Up: Streamline off walls

300 Free + 8x25 Kick + 300 Non-Free (800)

Drills: re-group within lane pods

8 x 25 Mid-Pool Turns: Fast, Streamline (200)

Consistent Pacing:

1x thru: Moderate Pace Swim R: 15"

4 x 75 Swim 25 Fly/25 Free/25 Back

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

2x thru: Best Effort Pace - DPS @base +20"

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

Pyramid Pull: (4th 25's Long Doggy Paddle)

100/200/100 or 50/100/50 R:10" (400/200)

Last 10 minutes - Lane pods regroup

200 Free - Timed