

Focus: Middle Distance- Attack 25's

Thursday

Warm up

300 Swim (every 3rd 25 Long Doggy Paddle)

4 x 75 Free (50 "Shark Fin"/25 DPS)

4 x 50 Fast Kick :60/:75 (800)

Moderate Pace:

3 x 100 Mod Pace R:20"

3 x 100 Pace -0:02" R:20"

2 x 200 Mod Pace R:30"

2 x 200 Pace -0:02" R:30" (1400)

(Bonus)

1 x 300 Mod Pace R:45"

1 x 300 Pace -0:02" R:60" (600)

Re-Group last 15-12 minutes

4x or 2x thru 125's: @:35"/40"

50 Build > Sprint

25 Sprint

25 B-5

25 Ez (500/250)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns