

Focus: Aerobic IM - Endurance

Monday

Warm Up:

300 Swim (every 3rd 25 "6-1-6")

6 x 50 "6-3-6" Odd Free/Even Back (fins?)

6 x 50 (25 free DPS + 25 Back DPS) (900)

Drill:

2x (6 x 25) R1-Breast & R2-Fly

R1: Odd 1 Pull-2 Kick/Even Breast DPS

R2: Odd "Stone Skip"/Even Fly DPS (300)

Aerobic IM:

2x (75 FR + 25 Fly + 75 FR + 25 BK) R:15"

1 x 100 Ez Choice (500)

2x (75 FR + 25 BK + 75 FR + 25 BR) R:15"

1 x 100 Ez Choice (500)

4 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400)

Bonus:

2x (50 FR + 25 Fly + 50 FR + 50 BK + 50 FR + 25 BR)

1 x 200 Ez Choice (700)

Cool Down: 200 "Silent Swim"