

Focus: Sprints and DPS

Wednesday

Warm up:

200 Swim (every 2nd 25 1G in/1G out)	R:15"	
4 x 50 Kick	@:60/:75	
4 x 50 Pull - Lengthen fingertip to toes	R:10"	
8 x 25 Descend 1-4/5-8	R:10"	(900)

Re-Group: Open & Flip Turn Drills: (10 minutes)

Sprints + Distance DPS:

1 x 500 Free (even 50 DPS)		
1 x 100 Broken Fly by 25's build	R:15"	(2000)

1 x 400 Free (odd 50 DPS)		
1 x 100 Back Fast	R:20"	(1400)

1 x 300 Free (3rd 50 DPS)		
1 x 100 Breast Fast	R:30"	(900)

1 x 200 Free (lengthen finger tip to big toe)		
1 x 100 Free RACE		

1 x 100 Free (1 Goggle In/1 Goggle Out)		
1 x 100 IM RACE		

Cool down: 1 x 300 EZ "Silent Swim"