

Wednesday & Thursday (10/9 & 1-/10)

Goal: Fatigued distance & speed work

Warmup

300 Choice

(100 swim, 50 kick x 2)

8 x 25 Kick 30/35/40

6 x 50 Drill 50/1:00/1:10

Even: Shark (elbow pause) freestyle

Odd: 25 1 goggle in/out, 25 DPS (800)

Main Set

10 x 50 Free

1-3: 50/55/1:00

4-6: 45/50/55

7-9: 40/45/50

10: FAST

1 x 60s rest

1 x 500 Free

Hold Pace, keep stroke strong & long

1 x 60s rest

10 x 50 Choice

1-3: 50/55/1:00

4-6: 45/50/55

7-9: 40/45/50

10: FAST

(1500)

Bonus Pyramid

1 x 50, 1 x 100, 1 x 150, 1 x 100, 1 x 50; All choice; 20s rest between each "step" (450)

Cooldown

3 x 100 1:40 / 2:00 / 2:20

1: silent freestyle, 2: non-free, 3: choice (300)