

Goal: Consistent Intensity

Wednesday & Thursday (11/13 & 11/14)

Warmup

300 Swim

8 x 25 Drill:

Odds: Triple touch freestyle (alternative: elbow pause)

Evens: 1 google in / 1 google out

4 x 50 Pull

(700)

Main Set

Effort on a 1-10 scale;

Free 1st & 3rd pyramid, Choice 2nd pyramid;

Rest 20s between each "step"

(2x / 3x):

1 x 50: Effort=9

1 x 100: Effort=8

1 x 150: Effort=7

1 x 200: Effort=6

1 x 150: Effort=7

1 x 100: Effort=8

1 x 50: Effort=9

1 x 50: EZ (Effort=2)

(1700 / 2550)

Cooldown

1 x 100 "Silent Swim", 1 x 100 Pull, 1 x 100 Choice

(300)