

Focus: Steady Pace & Catch Challenge

Monday

Warmup 2x thru:

200 Free + 100 Kick + 4x 25 "Rhythm Drill" (800)

Re-Group: Vertical kick & scull drills

2x thru:

5 x 100 Descend 60%>95% @1:40/1:50/2:00/2:15

1 x 100 Catch-Up/Glove Stroke 60-65% R:15"

4 x 25 90-95% @:35/:40/:50/:60

2 x :30 Vertical kick & scull drills (1400)

1x thru: @ RI :15-:25

4 x 75 Kick (25 Mod/25 Fast/25 Mod) (300)

Re-Group: Vertical kick & scull drills

1x thru:

5 x 50 85-90% @:40/:45/:55/:60/:75

1 x 100 Catch-Up/Glove Stroke 60-65% R:15"

4 x 25 90-95% @:40/:50/:60/:75 (450)

Cool Down: 200 "Silent Swim"