

**Goal: Race Prep (Turns & Race Pace)**  
**Wednesday & Thursday (11/20 & 11/21)**

**Warmup**

200 Swim

10 x 25 Kick R:10s

*Turn Drills*

5 minutes: Freestyle OR Open turn drills

6 x 50 double turn: Odds Non-Free, Evens Free R:20s

(750)

**Main Set**

(3x / 4x / 5x): All Choice (keep 50s the same stroke)

3 x 100 Pace @ 1:45 / 2:00 / 2:30

3 x 50 Descend (1st strong, 2nd stronger, 3rd RACE)

@ 1:30 / 1:45 / 2:00

(1350 / 1800 / 2250)

**Cooldown**

3 x 100 EZ

(300)