

Goal: Distance Effort

Wednesday / Thursday (12/11 & 12/12)

Warmup

200 Choice

8 x 25 Drill:

Odds: Triple touch freestyle (alternative: elbow pause)

Evens: Finger drag freestyle

8 x 25 Kick

R: 5s

8 x 25 Double Turns

R: 20s

Kick with hands on the wall, fast turn, fast 3 strokes, easy through flags, fast after flags, fast turn with no push off, repeat

(800)

Main Set (rest 20s between intervals, effort on a 1-10 scale)

1 x 50, effort=8

1 x 150, effort=5

1 x 100, effort=8

1 x 200, effort=5

1 x 150, effort=8

1 x 250, effort=5

1 x 200, effort=8

1 x 300, effort=5

1 x 250, effort=8

1 x 350, effort=5

1 x 300, effort=8

(2300)

Bonus & Cooldown

4 x 100: 25 Fast, 50 EZ, 25 Fast

@1:45, 2:00, 2:15

(400)

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

(300)