

Focus: Countdown

Monday & Tuesday

Warm Up:

Quick Drills: Relaxed/Arm Extension/Core Strength
100 Free + 100 Choice + 100 Back (600)

Countdown (how far can you go?)

10 x 50 Swim R:20"
 25 Non-Free/25 Free
8 x 25 Swim - Fast Kick R:20"
6 x 50 Odd Breast Kick/Even Pull R:10"
4 x 100 Free (best effort) @Base +20"

(1400)

- Reset -

9 x 50 Non-Free (best effort) @Base +20"
7 x 50 25 Back/25 Breast R:15" (800)

- Reset -

5 x 50 Fast Non-Free @Base +20"
3 x 50 Cruise Pace - Choice R:20" (400)

- Reset -

2 x 25 Fast Non-Free @40 or 50"
1 x 50 All out Choice (100)