

Focus: Swimming Faster

Monday

Warm Up

6 x 100 Odd 100: 75 Free/25 "Triple Switch"
Even 100: 75 Non-Free/25 Fist Swim

2 x 300 Pull (100 B3 + 100 B5 + 100 B7) (1200)

Swimming Faster: Pick your start distance

1 x 500 - get 100 split at 400 R:30"

1 x 400 - get 100 split at 300 R:30"

1 x 300 - get 100 split at 200 R:30"

1 x 200 - get 100 split at 100 R:30"

1-5 x 100 - swim faster than 100 split from above
(1900/1400/1000)

4 x 75 Kick (25 70% +25 90% +25 70%) R:15-20"

Cool Down: 200 Ez "Silent Swim"