

Focus: Broken 400's & Controlled Pace

Friday

Warm Up:

200 Swim

8 x 25 Fast Kick

4 x 50 (25 Fast Free + 25 DPS Swim) (600)

Pacing: Predict best time

1 x 400 (400)

Drill:

2x (8 x 25) R1-Free & R2-Back

R1: 1 Goggle in & 1 Goggle Out/Rhythm Drill

R2: Streamline/Stroke Count Challenge (400)

Controlled Pacing:

8 x 50 Negative Split @ base +10" (400)

4 x 100 Pull Descend @ base +:10" (400)

4 x (75 Non-Free/25 Free) @ base +:05 (400)

Re-Group last 15 minutes

Pacing: Predict Best Time

1 x 400 Negative Split (400)