

Goal: Distance (Broken 500s)

Wednesday & Thursday (1/15 & 1/16)

Warmup

200 Swim

6 x 75 Free, Kick/Drill/Swim @ 1:30 / 2:00 / 2:30

Drill: Odds Finger Drag, Evens Shark (high elbow)

(750)

Main Set (Broken 500s, building up to timed 200 effort)

3 x 100 Pull

1 x 200: 150 EZ, 50 Fast

4 x 75, Free/Br

1 x 200: 50 Fast, 150 EZ

3 x 100 Swim

1 x 200: 50 EZ, 100 Fast, 50 EZ

6 x 50s Kick

1 x 200: 100 EZ, 100 Fast

4 x 75: 50 Non-Free, 25 choice

1 x 200: FAST (for time)

(2500)

Cooldown

2 x 50 "Silent Swim"

(100)