

Goal: Fatigued Distance

Wednesday & Thursday (1/22 & 1/23)

Warmup

300 Choice

(100 swim, 50 kick) x 2

8 x 25 Drill, R:10s

Even: Shark (elbow pause) freestyle

Odd: Finger Drag

(500)

Main Set

Repeat (2/3x)

10 x 50 Free

1-3: 55/1:00/1:05

4-6: 50/55/1:00

7-9: 45/50/55

10: FAST

1 x 60s Rest

1 x 500 Free

Hold Pace, keep stroke strong & long

1 x 60s Rest

(1000/2000/3000)

Cooldown

4 x 50

1: silent freestyle, 2: non-free, 3 & 4: EZ

(200)