

Focus: Accelerate with Recovery

Friday

Warm Up:

200 Free, every fourth 25 Backstroke

200 Kick, every fourth 25 Breast-kick

200 Pull

(600)

4x (4 x 25) Skull Catch Drills

(400)

Medley Accelerators + 50 DPS Free:

(1200)

1-2 50 fly, 25 back, 25 breast, 25 free

R:20"

#2 faster than #1,

1 x 50 DPS Free (<20 DPS/25)

R:15"

3-4 25 fly, 50 back, 25 breast, 25 free

R:20"

#4 faster than #3,

1 x 50 DPS Free (<20 DPS/25)

R:15"

5-6 25 fly, 25 back, 50 breast, 25 free

R:20"

#6 faster than #5,

1 x 50 DPS Free (<20 DPS/25)

R:15"

7-8 25 fly, 25 back, 25 breast, 50 free

R:20"

#8 faster than #7

1 x 50 DPS Free (<20 DPS/25)

R:15"

Bonus Last 15 minutes - 500 pull - Timed