

Goal: Steady Distance, 500 pull
Wednesday & Thursday (1/29 & 1/30)

Warmup

200 Swim

10 x 25 Kick @:30/:35/:40/:45

10 x 25 Drill, R:10s

1-5: Triple touch freestyle

6-10: Catch-up freestyle (700)

Main Set, Broken 400s

4 x 100 pull, R:15s

50 EZ

4 x (75 non-free, 25 free), R:20s

50 EZ

8 x 50 Kick, R:10s

50 EZ

8 x 50: 25 fast, 25 EZ (choice stroke), R:15s

50 EZ

2 x 200 swim, steady, R:30s

50 EZ

(1850)

- - - 15 minutes remaining - Regroup - - -

1 x 500 pull, for time

(500)

Cooldown

2 x 100 silent freestyle