

Goal: February US Masters Goal: 200 Freestyle Wednesday & Thursday (2/26 & 2/27)

Warmup

200 Swim

10 x 25 Drill:

1 - 5: 10 & 2 Freestyle

6 & 7: Tarzan/Heads-Up Free

8 - 10: Finger Drag

4 x 50 Pull, R: 10s

(650)

Main Set

10 x 100 @1:45 / 2:00 / 2:15

Descend 1-5, 6-10

2 x 300 @4:30 / 5:00 / 6:00

Negative split each 100

10 x 50 @:50 / 1:00 / 1:15

Fast in/out of turn

(2100)

— *If time allows* —

10 x 50, non-free @1:00 / 1:10 / 1:20

25 kick, 25 swim

(500)

— **Regroup with 10 Minutes Remaining** —

1 x 50 EZ @2:00

1 x 200 Swim FOR TIME

(250)

Cooldown

4 x 50: Silent Swim

(200)