

Focus: Aerobic IM - Endurance

Monday

Warm Up:

300 Swim (50 Free/50 Back)

4 x 50 Back > 25 6-3-6)/25 SLOB Kick

4 x 50 (25 Fast Free + 25 Fast Back) (700)

Drill:

2x (6 x 25) R1 Breast & R2 Fly

R1: Odd Breast Kick/Even Breast DPS

R2: Odd Stone Skipper/Even Fly DPS (300)

Aerobic IM:

2x (75 Free + **25 Fly** + 75 Free) R:10"
1 x 100 Ez Choice (450)

2x (50 Free + **25 Back** + 50 Free) R:10"
1 x 100 Ez Choice (350)

2x (25 Free + **25 Breast** + 25 Free) R:10"
1 x 100 Ez Choice (250)

6/4 x 100 - Consistent Pacing @base + 15"
Odd 100 IM/Even 100 Free (600/400)

4x (75 Free/25 Best Non-Free) R:10" (400)