

Focus: Breathe Timing

Monday

Warm Up:

400 Swim

4 x 50 Kick > 25 SLOB/25 Dolphin Flow

200 Pull (800)

Breath Timing Drill:

SA kick-board + catch-up (400)

Symmetry Drill: 2x or 3x thru

100's Bilateral Breathing R:20"

100 B3 + 100 B5 + 100 B7 (900/600)

Speed & Intervals:

3/2 x (5 x 100) R:15"-20"

1) 25 Fast/75 Ez

2) 25 Ez/25 Fast/50 Ez

3) 50 Ez/25 Fast/25 Ez

4) 75 Ez/25 Fast

5) 100 All out Fast! (1500/1000)

Re-Group: Last 10 minutes - Timed 200 Free

Cool-Down: Silent Swim - Catch Up, 1Gin/1Gout