

Goal: Build Intensity

Wednesday & Thursday (2/5 & 2/5)

Warmup

300 Swim

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

10 x 25 Drill, R: 10s

1-4: Finger Drag

5-7: Heads Up Free

8-10: Silent Free

4 x 50 Pull, R: 10s

(1000)

Main Set

3 x 200 Swim

1 - R: 30s

2 - R: 20s

3 - R: 10s & straight into 6 x 100s

6 x 100 Swim @1:45 / 2:00 / 2:15

Reduce interval by :05 each repeat

6 x 50 Kick @1:30 / 1:45 / 2:00

Reduce interval by :05 each repeat

6 x 50 Swim @1:00 / 1:15 / 1:30

Reduce interval by :05 each repeat

1 x 100 Free, EZ

1 x 50 Free, FAST

(1950)

Cooldown

2 x 100 silent freestyle