

Goal: Finishing Speed

Wednesday & Thursday (2/12 & 2/13)

Warmup

200 Swim

4 x 50 Kick

8 x 50 reverse IM order, R: 10s

Odds: 25 Kick, 25 Drill

Evens: 25 Drill, 25 Swim

(800)

Main Set

Repeat (3x / 4x / 5x)* **

1 x 200, R: 10s

1 x 150, R: 15s

1 x 100, last 50 fast, R: 20s

1 x 50, fast, R: 60s (and straight into next repeat)

(1500 / 2000 / 2500)

**Choice, but keep same stroke/pattern throughout a single repeat*

*** Focus on pushing turns & under-waters on fast sections*

Cooldown

2 x 50 silent freestyle