

Goal: Power Kick & Turnover

Wednesday & Thursday (2/19 & 2/20)

Warmup

300 Swim

10 x 25 Kick, R: 5s

4 x 50 Pull, R: 10s (750)

Main Set

5 x 100 Swim, Descend 1-5 @1:40 / 1:50 / 2:00

4 x 25 FAST kick, R: 10s

4 x 100 Swim, Build within each 100 @1:45 / 2:00 / 2:15

4 x 25 FAST kick, R: 10s

3 x 100 Swim, Pull (steady) @1:40 / 1:50 / 2:00

4 x 25 FAST kick, R: 10s

2 x 100 Swim, 1st 50 steady, 2nd 50 FAST @1:45 / 2:00 / 2:15

4 x 25 FAST kick, R: 10s

1 x 100 Swim FOR TIME (1800)

Bonus: Broken Turnover 100s (Repeat 1/2/3x)

4 x 25: DPS @:30 / :35 / :40

2 x 50: DPS + 1 @:50 / :55 / 1:00

1 x 100: DPS + 2 @1:30 / 1:45 / 2:00 (300 / 600 / 900)

Cooldown

2 x 100: 50 kick EZ on back, 50 swim (200)