

Focus: Endurance Training

Friday

April Goal: Timed 1K

Warm Up:

300/200 Swim Choice

6/4 x 50 Kick 25 Fast/25 Ez

4 x 50 Fast (25 Free + 25 Back)

(800/600)

Sculling Catch Drills:

2 x (6 x 25)

R1: 25 Light Set-up/25 Power Diamond

R2: 25 Power Finish/25 "Gin-Gout"

(300)

Re-Group: Timed 250 Free

(200)

Endurance:

(1550)

3 x 200- Free descend, #1 R:20", #2 R:15", #3 R:10"

1 x 100 - Back DPS

3 x 150- Free descend, #1 R:15", #2 R:10", #3 R:05"

1 x 100 - Back DPS

3 x 100- Back descend, #1 R:15", #2 R:10", #3 R:05"

Re-Group: (Last 10 minutes): Timed 250 Free

(200)

2 x 100 EZ Kick & Pull Recovery

(200)