

# Goal: Fatigued Power

## Wednesday & Thursday (3/12 & 3/13)

### Warmup

200 Swim

8 x 25 Kick, R: 5s

12 x 25 Drill: R: 10s

*4x through:*

1 x 25 6 kick switch

2 x 25 1-arm freestyle (*different arms each 25*)

1 x 25 catch-up (*hands shoulder-width apart on entry*)

(700)

### Main Set

**(Repeat 2/3/4x)**

4 x 100: @1:30 / 1:45 / 2:00

8 x 50: @1:00 / 1:10 / 1:20

Odds: 90-100% Effort

Evens: EZ

(1600/2400/3200)

### Cooldown

4 x 50: Silent Swim

(200)