

Focus: Aerobic Stroke Endurance

Monday & Friday AM

Warm Up:

400/300 Swim (every 3rd 25 Fast Swim)

200 Streamline Kick NB (25 Ez/25 Fast)

4 x 50 (25 Fast Free + 25 Ez Fly) (800/700)

Drill: 2 x (6 x 25) R1: Backstroke, R2: Fly (fins?)

R1: 25-Double Arm Backstroke, 25-"Okay"

R2: 25 "Angel Wings", 25 "StoneSkipper" (300)

TIME: 50 Fly (March Fitness Goal) (50)

Aerobic IM: R:15-20"

2x/1x (75 FR +**25 Fly** +75 FR +**50 BK** +75 FR +**25 BR**)

1 x 100/75 Ez Choice (750/400)

2x/1x (50 FR +**25 Fly** +50 FR +**50 BK** +50 FR +**25 BR**)

1 x 100/50 Ez Choice (600/300)

2x/1x (25 FR +**25 Fly** +25 FR +**50 BK** +25 FR +**25 BR**)

1 x 100/25 Ez Choice (450/200)

Bonus:

4/2 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM (400/200)

Cool Down:

1 x 200 Silent Swim (200)