

Focus: 50's

Monday

Warm up:

300 Swim (75 Swim/25 SLOB Kick)

4 x 50 Kick (NB): Odd Back/Even Breast (500)

Fly Drill: Constant Flow - Body Dolphin

2x (4 x 25) 25 head lead/25 hand lead

2x (4 x 25) Stoneskipper/EZ Fly

4 x (25 Fly + 25 Fast Free) (400)

Maintain IMO Pace for 50's:

2 x 50 Fly/Back @1:00/1:10/1:15

4 x 50 Back/Br @:50/1:00/1:05

2 x 50 Breast/Fr @:55/1:05/1:10

4 x 50 Free @:45/:55/1:00

1 x 200 Pull @4:00 (800)

Maintain Free Pace for 50's:

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

1 x 200 Kick @4:00 (800)

Bonus (Re-Group) - 1x or 2x thru:

4 x 25 Odds Sprint IMO/Evens Ez Free @:30/:40

1 x 100 EZ Choice @4:00 (400/200)