

**Goal: Steady (with Race Prep if racing in NM State Champs)  
Wednesday & Thursday (3/19 & 3/20)**

**Warmup**

200 Swim

10 x 25 Kick @:30/:35/:40/:45

10 x 25 Drill, R:10s

1-5: Triple touch freestyle

6-10: Catch-up freestyle (700)

**Main Set, Broken 600s**

6 x 100 pull, R:15s

50 EZ

4 x (75 non-free, 75 free), R:20s

50 EZ

8 x 75 (50 steady, 25 fast), R:15s

50 EZ

3 x 200 steady, R:15s

50 EZ

12 x 50 swim, R:10s

50 EZ

(3250)

***--- Optional: Regroup with 15 minutes remaining ---***

10 x 50 @1:30

Odds: From a dive, 30m race pace (25 + turn), 20m easy

Evens: EZ (500)

**Cooldown**

3 x 50 silent freestyle