

**Goal: Smooth swim, power kick
Wednesday & Thursday (3/19 & 3/20)**

April Goal: Timed 1K

Warmup

200 Swim

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

8 x 25 Drill, R:10s

1-4: Rhythm Drill

5-8: Finger drag freestyle

(600)

Main Set, Broken 500s (last 100 power kick)

2 x 200 pull, R:15s

1 x 100 kick, FAST

Rest 30s

8 x 50 swim, R:10s

2 x 50 kick, FAST, R:10s

Rest 30s

4 x 100 swim, R:10s

1 x 100 kick, FAST

Rest 30s

1 x 400 steady, R:30s

8 x 25 kick, FAST, R:5s

Rest 30s

8 x 50 swim, R:10s

1 x 100 kick, FAST

(3100)

Cooldown

2 x 50 silent freestyle

(3200)