

Goal: Fatigued distance

Wednesday & Thursday (4/16 & 4/17)

Warmup

200 Swim

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

8 x 25 Drill:

1-4: 6/1/6 - 6 kicks (on side), 1 stroke, 6 kicks (other side)

5-8: Shark drill (high elbow) (600)

Main Set I

2 x 300 steady, 20s rest

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

30s rest

2 x 300 steady, 20s rest

3 x 100 @ 1:25 / 1:40 / 1:55 (1800)

Main Set II

6 x 100: *With fins*

1 x 75 steady, 10s rest

1 x 25 FAST, 15s rest (600)

Cooldown

3 x 50 silent freestyle (200)