

Goal: 1000 Free

Wednesday & Thursday (4/30 & 5/1)

Warmup

200 Swim

4 x 50 Kick, R: 10s

8 x 50 reverse IM order, R: 10s

Odds: 25 Kick, 25 Drill

Evens: 25 Drill, 25 Swim

(800)

Main Set I - 1000 Freestyle

4 x 50 Free @ :50 / 1:00 / 1:10

Regroup

1 x 1000 Free, Timed

200 Recovery as needed

(1400)

Main Set II

Repeat (1x / 2x / 3x)*

1 x 200, R: 10s

1 x 150, R: 15s

1 x 100, last 50 fast, R: 20s

1 x 50, fast, R: 60s (and straight into next repeat)

(500 / 1000 / 1500)

**Choice, but keep same stroke/pattern throughout a single repeat*

Cooldown

2 x 50 silent freestyle