

Focus: Distance

April Goal: Timed 1K

Monday and Friday AM

Warm up:

300 Relaxed Swim – feel pressure throughout pull
4x (30" vertical kick + "Texas Turns" for 50's)

8 x 25 Variable Fast Kick Choice @ 35"/40"

Odd –fast btwn flags/Even –fast to wall (700)

Drill:

4 x 75 Free – (fins?) (paddles?) (200)

50's – Free Rhythm Drill – "single arm pull"

25's – "6-3-6" (slide-n-glide) <4 cycles/length

Distance:

3 x 100 descend 1-3 @base +10"

4 x (25 Back/25 Breast/25 Free) R:05"

1 x 250 Broken – Choice R:10"

(75 + 75 + 50 + 50)

1 x 200 Pull (B3) (800)

FARGO's: 5 x 3:00 descend 1-3, hold 4-5 steady

(watch start & end distance > predict 800 time)

2 x 200 Pull (B3) (1400?)

Cool Down: 3 x 100 "6-3-6", "finger-tip" drag