

Friday, May 2 – 6am

(2000/2800)

Warm up: (400)

200 swim

8 x 50 kick – 10 sec rest

Drill: (200)

1 x 50 fly (3 right, 3 left, 3 regular) – 10 sec rest

1 x 50 back (2 right, 2 left, 2 regular) – 10 sec rest

1 x 50 breast (2 kicks 1 pull) – 10 sec rest

1 x 50 free (fingertip drag) – 10 sec rest

Main Set (2 or 3 times through): (1200/1800)

4 x 25 fly – 10 sec rest

3 x 50 back – 10 sec rest

2 x 75 breast – 10 sec rest

30 sec additional rest

200 IM – fast

Warm down: (200)

200 smooth