

Goal: Turns & Last 50 Power

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

Warmup

200 Swim

6 x 50 Kick @1:00 / 1:15 / 1:30

(500)

Turns

Rest as necessary

6 x 25: 3 mid-pool turns per lap

6 x 25: 12.5 out, mid-pool turn, 12.5 back

4 x 50: 3-turn 50s (*start with a turn, regular flip turn, end with a turn*)

(500)

Main Set

Repeat (1/2x)

For every repeat: before last 50, briefly pause & time last 50 - goal is to hold same time across all distances

R: 20s between every repeat

1 x 100

1 x 200

1 x 300

1 x 400

1 x 300

1 x 200

1 x 100

(1600/3200)

Cooldown

2 x 100 silent freestyle

(200)