

# Goal: Fatigued Speed

Wednesday & Thursday (5/7 & 5/8)

## Warmup

200 Swim

10 x 25 Kick, R: 5s

10 x 25 Drill:

1-4: Fist Drill

5-8: Tarzan (heads-up) freestyle

9-10: DPS+2

(700)

## Main Set

### Repeat 2x:

12 x 50 Free:

1-4: @ :50 / 1:00 / 1:10

5-8: @ :45 / :55 / 1:05

9-12: @ :40 / :50 / 1:00

5 x 100 Choice\* @ 1:40 / 1:50 / 2:00

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

(1300 / 2600)

*\*If non-free, pick an interval that gives ~20s rest*

## Cooldown

4 x 50 silent freestyle

(200)