

Goal: Finishing Speed

Wednesday & Thursday (6/11 & 6/12)

Warmup

200 Swim

6 x 50 kick @ 1:00 / 1:10 / 1:30

6 x 25 Drill, *Rest 10s*

Odds: Shark Drill

Evens: Hand Drag

(650)

Main Set

Repeat 3x

5/4/3 x 100 Freestyle @ 1:25 / 1:35 / 1:45 / 1:55

1st round: 5x100; 2nd rd: 4x100; 3rd rd: 3x100

8 x 25 Freestyle @ :35 / :40 / :45 / :50

1-4 Build

5-8 FAST

100 active recovery

(2100)

Bonus Set

12 x 50, *Rest 15s*

Odds: Fly/Back, steady

Evens: Br/Free, build Br to 25 sprint freestyle

Cooldown

4 x 50 silent freestyle

(200)