

Focus: Sprint – Maintain Fast 50's

Tuesday

Warm Up:

300 Swim Choice

4 x 75 (50's Triple switch with 1 goggle in/1 goggle out
+ 25's "Catch up" Swim)

4 x 75 (25 IMO Drill + 25 Free + 25 IMO Swim) (900)

Set Goal for Fast 50's and Maintain:

6 x 50 IMO (no free) @base +15"

4 x 50 Kick – Choice @base +15"

2 x 50 IMO FAST @:90"

1 x 100 Ez Choice

2 x 50 IMO FAST @:90"

1 x 100 Ez Choice

3 x 50 Free Build @90"

1 x 100 Ez Choice

5 x 50 Free FAST @90" (1400)

Regroup: Timed 200 or 100 IM (200 or 100)

1x or 2x thru:

4 x 50 Kick descend 1-4

1 x 200 Pull (400/800)

Cool Down: 200 "Silent Swim" and "Social Kick"