

Goal: Test set & Explosive Speed

Wednesday & Thursday (7/2 & 7/3)

Warmup

200 Swim

400: Alternate 100 Kick / 100 pull

8 x 25 Free Drill

Odds: Triple Touch

Evens: DPS (800)

Main Set 1

10 x 100 Free @ 1:30 / 1:45 / 2:00

Consistent (+/- 2s) (1000)

Main Set 2

Repeat 2/3x (all choice, but same pattern throughout the repeat)

4 x 25 Kick @ :30 / :35 / :40

4 x 50 Descend @ :45 / :50 / :55

4 x 25 FAST @ :30 / :35 / :40

1 x 100 EZ (1000 / 1500)

Bonus (Wed. afternoon only)

4 x 50: 30 fast, 20 easy; from a dive (100)

Cooldown

2 x 50 silent freestyle (200)