

# **Goal: Consistent Intensity**

**Wednesday & Thursday (7/16-7/17)**

## **Warmup**

200 Swim

4 x 50 Kick @ 1:00 / 1:10 / 1:20

4 x 50 Pull @ :45 / :50 / :55 / 1:00

8 x 25 Drill:

1-4: Freestyle, 3/3/3

5-8: Non-freestyle (your choice of drill!) (700)

## **Main Set**

*Effort on a 1-10 scale; Freestyle 1st pyramid, Choice afterwards;  
Rest 15s between each "step"*

**Repeat (2/3x):**

1 x 50: Effort=9

1 x 100: Effort=8

1 x 150: Effort=7

1 x 200: Effort=6

1 x 150: Effort=7

1 x 100: Effort=8

1 x 50: Effort=9

1 x 50: EZ (Effort=2)

(1700 / 2550)

## **Cooldown**

4 x 50 "Silent Swim" (200)