

Focus: Sprint – Fast 50's Goals

Friday

Warm Up:

300 Swim Choice

2 x 75 Paddle Swim (50's SA Drill + 25's Catch up Swim)

2 x 75 (25 IMO + 25 Free + 25 IMO)

300 IMO (25 Swim + 25 Kick + 25 Swim) (900)

2x or 1x thru: Set Goal for Fast 50's and Maintain:

1 x 200 Pull R:20"

1 x 100 Kick R:30"

1 x 50 FAST @:90"

1 x 100 Kick R:30"

3 x 50 FAST @90"

1 x 100 EZ Choice

5 x 50 FAST (hold 1-3, descend 4-5) @90" (1900/950)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull