

Focus: Pace Variety

Monday & Tuesday

Warm Up (focus on form, raise heart rate)

300 Swim choice

3 x 150 (25 K RA/25 RA/25 K LA/25 LA/50 DPS)

(750)

Descends and Pace 3x or 2x thru:

R:15"

4 x 50 Descend :02 to 95%

2 x 100 Pace -:02 & -:04

Bonus Rest :30-:60

1 x 200 Descend 50's to 100%

Bonus Rest :60-:90

4 x 50 Kick Descend 1-4

1 x 300 Pull

R:30

(3300/2200/1100)

Cool Down:

3 x 100 (25 RA/25 S-B5/25 LA/25 S-B3)