

Goal: Race Prep

Wednesday & Thursday (7/23-7/24)

Warmup

200 Swim

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

10 x 25 Drill:

1-5: Shark drill (high elbow)

6-10: Catchup drill (750)

Main Set

Repeat (2/3x):

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

4 x 100 Steady @ 1:45 / 2:00 / 2:15

Odd: Freestyle, Even: Non-Free

50 EZ

50 RACE

50 EZ (1300 / 1950)

Bonus Set

4 x 200 choice, R: 20s

50 Kick, 100 Swim, 50 Descend (800)

Cooldown

2 x 50 "Silent Swim" (100)