

Goal: Turns & Back-Half Speed

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

Warmup

200 Swim

6 x 50 kick @ 1:00 / 1:15 / 1:30

8 x 25 Free Drill

1-4: Rhythm Drill

5-8: 3/3/3 (700)

Turn Progression

4 x mid-pool 25s - Freestyle in, backstroke out

4 x mid-pool 50s - All Freestyle, 3x dolphin kicks off each turn (fast hips)

4 x 100s - Freestyle, 1-2 strokes w/ no breath off each wall (700)

Main Set (all Freestyle)

8 x 50 Descend 1-4, 5-8 @ :45 / :50 / :55 / 1:00

6 x 100 Steady @ 1:30 / 1:45 / 2:00

4 x 200: Progressive negative splits (last 100 faster than first 100, last 50 faster than 3rd 50, last 25 faster than 7th 25), R: 30s (1800)

Bonus Dive Progression (Wed. afternoon only)

2 x vertical jumps

2 x “blind” dives

2 x 6+ dolphin kicks

Cooldown

2 x 50 silent freestyle (200)