

Goal: “Distance” Speed

Wednesday & Thursday (8/20 & 8/21)

Warmup

200 Swim

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

6 x 50 Drills:

1-3: Breath every 3

4-6: DPS

8 x 25 Freestyle @ :30 / :35 / :40

Build 1-4; 5-8

(900)

Main Set

Repeat 5-6x:

1 x 200 Freestyle - descend 1-3, hold best time 4-6

Rest 10s

1 x 100 EZ choice

Rest 30s

(1500 / 1800)

Bonus Set

10 Minute Swim

Challenge Version: 2 x 5 minutes, swim 50+ more during the second set

Cooldown

2 x 50 “silent” swim

(200)