

Goal: Long Axis

Wednesday & Thursday (8/13 & 8/14)

Warmup

200 Swim

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

8 x 25 Drills:

1 - 4: Lat-Back: 1 arm backstroke, hold opposite lat with rest arm

5 - 8: 2/2/2 Backstroke

4 x 50 DPS Freestyle (900)

Main Set

Repeat 3x/4x:

4 x 50 Backstroke, Rest @ 15/10/5 seconds between each interval

Rest 10s

4 x 100 Freestyle, Rest @ 15/10/5 seconds between each interval

Rest 30s

(1800 / 2400)

Bonus Set

8 x 50 @ :50/1:00/1:10

Odds: Backstroke FAST

Evens: Freestyle Steady

Cooldown

4 x 50 Kick (200)