

Focus: Stroke – Moderate Pace

Friday

Warm up:

400 Silent Swim & Pull

8 x 25 Fast Kick – between flags
(600)

@:40"/:50"

Build to 200 IM:

(600)

200 *IM Drill + 100 IM Kick + 100 *IM Drill + 200 IM
*IM Drills (LA 3Fr/4Bk, SA 3Br/2Fly) or Single Arm

Non-Free Swims Maintain Moderate Pace:

(1550 option start at top, 1000 option start middle set)

3 x 100 Non-Free	R:15"
1 x 150 Free	R:15"
1 x 100 IM FAST	R:30"

2 x 100 Non-Free	R:15"
1 x 150 Free	R:15"
1 x 100 IM FAST	R:30"

3 x 100 Non Free	R:15"
1 x 150 Free	R:15"
1 x 100 IM Fast	

(1550/1000)

Cool down: 3 x 100 "Silent Swim"