

Focus: Distance Descends

Monday

Warm up

300 Swim (every 3rd 25 "Fist Swim")

4 x 50 (1 goggle in/1 goggle out)

8 x 25 Fast Kick @:40/:45 (700)

2x or 1x Descend pace hold interval time:

Set your 300 pace and hold interval @base +20"

3 x (100 IM + 100 Kick + 100 Pull) R:10"
(1200/900)

- Re-Group Last 15 minutes -

1x thru:

4 x 50 Fast Swim Choice @:50/:60"

1 x 200 Pull R:20"

2 x 50 Choice Odd Fast/Even Faster @:60/:75

1 x 100 Pull (600)

Cool down:

3 x 100 "Silent Swim"