

## Goal: Timed 200

### Wednesday & Thursday (9/24 & 9/25)

#### Warmup

200 Swim

4 x 50 kick @ 1:00 / 1:10 / 1:30

8 x 25 Freestyle drills:

Odds: Shark (*high elbow*)

Evens: Catchup (*thumbs touching at most*)

6 x 50 Freestyle pull (800)

#### Main Set I

10 x 50 Freestyle @ :50 / :55 / 1:00

1-5 Descend

6-10 Anti-descend (*start fast, get slower each one*)

#### **1 x 200 RACE**

1 x 100 Recovery (800)

#### Main Set II

Pyramid: Choice & steady up to 300 & back down by 50s, rest 15s between intervals

1 x 50, 1 x 100, 1 x 150, ... , 1 x 150, 1 x 100, 1 x 50

(Up to 300: 1050, Full pyramid: 1750)

#### Cooldown

2 x 50 silent freestyle (100)