

Goal: Finishing Kick

Wednesday & Thursday (9/17 & 9/18)

Warmup

300 Swim

10 x 25 Drill:

1-6: Shark Fin

7-10: DPS

4 x 50 Pull

1 & 3 B3 , 2 & 4 B7 (!)

(650)

Main Set

10 x 125 @ 2:15 / 2:30 / 3:00

100 Free steady

25 Kick fast

4 x 200 @ 3:00 / 3:30 / 4:00

Build by 50s to 50 Fast

(2050)

Bonus

Repeat 2/3/4x

2 x 100 choice

1: 25 Kick, 50 swim build, 25 Kick Fast

Rest 15s

2: 50 swim smooth, 50 swim FAST WITH FAST KICK

Rest 30s

(400

/ 600 / 800)

Cooldown

4 x 50 pull freestyle

(200)