

Distance & Speed

Wednesday & Thursday

Warm Up:

300 (100 swim + 50 Non-Free + 100 swim + 50 Non-Free)

8 x 25 Hand lead Breaststroke Kick @:30/:35/:40

6 x 50 Drill Odd Breast/Even Free

Odd 50: 1 Pull + 2 Kick + 25 DPS

Even 50: 1 goggle in/1 goggle out + 25 DPS (800)

Descending Intervals & Pace:

10 x 50 Free

1-3 @:50/:55/1:00/1:15

4-6 @:45/:50/:55/1:10

7-9 @:40/:45/:50/1:05

10 FAST

- 60 second Rest -

1 x 500 Free Hold Pace, lengthened stroke, strong pull

- 60 second Rest -

10 x 50 Free

1-3 @:50/:55/1:00/1:15

4-6 @:45/:50/:55/1:10

7-9 @:40/:45/:50/1:05

10 FAST

(1500)

Bonus Pyramid: - Choice R:20 after each step

1x 50 + 1x 100 + 1x 150 + 1x 150 + 1x 100 + 1x 50 (550)

Cool Down:

3 x 100 "Silent Swim" free, non-free, choice (300)