

Distance Free/Choice

Monday

Warmup

300 Choice

6/4 x 50 Kick - accelerate at flags @1:00 / 1:15 / 1:30

6/4 x 50 Drill

Odd: Shark (elbow pause) freestyle

Even: Finger & Thumb Drag

6/4 x 50 Pull - build @ :50 / 1:00 / 1:15 (1200-900)

1x - 2x - 3x Repeats - Stroke Choice

(Hold same stroke throughout a single repeat):

1 x 300 Steady R:30s

3 x 100 Pace -5 @ 1:30 / 1:50 / 2:15

1 x 100 EZ @ 2:00

(700/1400/2100)

Re-Group final 20-15 minutes:

Bonus Relay Sprints - Mile Relay

100's or 50's or 25's per person (?)

Cooldown

1 x 100 "Silent Swim", 1 x 100 Pull, 1 x 100 Choice (300)