

Middle Distance - Speed Changes

Friday

Warm up

200 Swim + 200 Kick (n/b) + 200 Pull (no paddles)
8 x 25 Odd "6-1-6" Drill/Even DPS (800)

Re-Group - Sprint Tune Up

8 x 25 Odd fast>strong push off & breakouts
Even ez>build fast strong finish (200)

Speed Change on Straight Swims:

2 x 75 Kick, accelerate btwn flags	R:15"	
1 x 100 Each 25 Faster	R:15"	
2 x 75 Sculling Drill	R:15"	
1 x 200 Each 50 Faster	R:15"	
2 x 75 Kick, accelerate btwn flags	R:15"	
1 x 400 Each 100 Faster	R:15"	(1150)

Bonus:

2 x 75 Pull	R:15"	
1 x 200 Each 50 Faster	R:15"	
4 x 50 Kick - build	R:15"	
1 x 100 Each 25 Faster	R:15"	(600)

Re-Group: Repeat Sprint Tune Up

Cool down: 3 x 100 EZ Recovery/Sculling/Perfect Turns