

Breaking Up Distances

Monday

Warm Up:

300 Swim (every 4th 25 SLOB Kick)

200 Kick (odd 25 Breast or Dolphin Kick)

200 Pull (no paddles) (700)

2x thru:

1 x 50 2 Fly/3 Breast R:10"

4 x 25 Sprint Odd Fly/Even Breast R:15"

3 x :20 Press Ups (8 max) @:10" (300)

3x thru: Broken Swims R:20"

(Free build/cruise & 25's fast swim)

100/50 Free + 4 x 25 Fly + 100/50 Free

100/50 Fr + 4 x 25 Back + 100/50 Fr

100/50 Fr+ 4 x 25 Br + 100/50 Fr (900/600)

1x thru:

4 x 50 Kick Choice R:10"

2 x 100 Pull: Bilateral Breathe R:20" (400)

2 x (4 x 75): Broken IM R:10"

Outside lengths fast, Middle length EZ

#1 fly/free/fly, #2 back/free/back

#3 breast/free/breast, #4 all free (600/300)

3/5 x 100 Pull: Bilateral Breathe R:20" (300/500)