

Focus: Free/Stroke - Transitions

Monday

Warm up

300 Choice Swim (every 4th 25 "Fist" Swim)

300 Choice Swim (every 4th 25 SLOB Kick) (600)

Re-Group - Perfect Walls & Mid-Pool Flip Turns (200)

Free/Stroke Transitions:

1 x 200 Free

R:15"

2/1 x 200 (150 Free + 50 Non-Free)

@base +20"

1 x 200 Free

R:15"

3/2 x 100 (25 Free + 75 Non-Free)

@base +15"

1 x 200 Free

R:15"

4 x 75 (25 NF + 25 Free + 25 NF)

R:20"

8/6 x 50 Non-Free

@base +10"

1-3 Descend, 4-6 Descend, 7-9 Descend (2000/1600)

Re-Group last 15 minutes

Fast Swims:

12/8 x 25 (25 Fast IMO/25 Non-Free Ez) (300/200)

Cool down: 3 x 100 "Silent Swim" Recovery