

Goal: Turkey 100s!

Wednesday

Warmup

300 Swim

8 x 25 Free Drill R:10"

Odds: Side Kick: Elbow pause (shark drill)

Evens: 6-1-6

200 Pull R:10" (700)

Main Set

(3x / 4x): TURKEY 100's!

(focus on something different each 100)

6 x 100s: Stroke Choice R:15"-20"

T: Turns (fast turns, ez between flags)

U: Underwater (3+ streamline dolphin-kicks off walls)

R: Race Pace

K: Kick - Build

E: Easy - Recovery Choice

Y: DPS (aka maximum Yard length per stroke)

(1800 / 2400)

Cooldown

3 x 100 "Silent Swim" "Perfect Turns" (300)