

Eight Days of Training - Hanukkah

Monday & Tuesday

Warm up:

"Right to Left Snake" (SKP)

200 Swim + 200 Kick + 200 Pull

4 x 50 Odd Breast Kick, Even Dolphin Kick (800)

Decreasing Repeats: Distance Choice R:15"-20"

2 x 400/200 Moderate Pace - Choice (800/400)

3 x 300/150 "Oil Slick Drills" streamline (900/450)

4 x 200/100 "Miracle IMs" or non-free (800/400)

5 x 100/50 Build - stroke choice (500/250)

6 x 75/50 Sprint last 25's - stroke choice (450/300)

7 x 50 "Gelt Goals" timed swim for "Gold" (350)

8 x 25 "Latke" Kicks underwater (200)

(4000/2350)

Cool Down: Stroke Choice - "Silent Swim"