

Repeats to Failure

Monday & Tuesday

Warm Up:

200 Maximize streamlines off Wall

100 Kick

200 Catch up/6-3-6/SA-R/SA-L

4 x 25 - First 6 strokes fast (600)

Repeats holding same Interval for each set:

100 IM's or Stroke - Moderate Pace

100 Free - Build

Miss interval 3 x 50 SLOB Kick, re-adjust interval and repeat above - or - go to next set with re-adjusted interval - You Got This! - keep going ><{{{{}}}>

100 Non-Free Choice - Moderate Pace

50 Free - First 4 strokes fast

Miss interval 3 x 50 SLOB Kick, re-adjust interval and repeat above - or - go to next set with re-adjusted interval - Awesome!! - can you complete more repeats?

50 Free - Build

25 Free - Sprint

Cool Down: 3 x 50 Kick choice + 200 Ez