

# Swimming Faster

Monday

## Warm Up

6 x 100      Odd 100: 75 Free/25 "Triple Switch"

Even 100: 75 Non-Free/25 Fist Swim

2 x 300      Pull (50's B3 + 25's B5 + 25's B7)      (1200)

## Swimming Faster: Pick your start distance

1 x 500 - get 100 split at 400      R:30"

1 x 400 - get 100 split at 300      R:30"

1 x 300 - get 100 split at 200      R:30"

1 x 200 - get 100 split at 100      R:30"

1-5 x 100 - swim faster than 100 split from above  
(1900/1400/1000)

4 x 75 Kick (25 70% +25 90% +25 70%)      R:15-20"

Cool Down: 200 Ez "Silent Swim"