

Establish Baseline Count and Rate

Monday

Warm Up:

400 Non-Stop Swim broken as:

(200 Free/50 Kick/100 Free/50 Kick)

10 x 25 Pull @:30/:40/:50 (:05-:10 RI)

(Odds Ez 60-65%, Evens Build 90%)

150 Ez (60-65%) (800)

Track Stroke Rate and Stroke Count

4 x (50 Ez/50 Mod/50 Fast) @:50/1:00/1:15/1:30

R1 & R3: Stroke Rate

R2 & R4: DPS (600)

6 x 50 Kick @1:00/1:15/1:30/1:45

Sprint last 12.5 of each 50 (300)

Strength: 3 x :30 Press Out (8 max) RI:45"

4 x thru: Shallow end Scull Drill and Free Builds

Standing Scull Drill @:45

100 Free Build (70-75% -> 90-95%) (400)

Bonus: 5 x 100 70-75% RI:05-:15

25 Long dog paddle/75 Free (500)

Cool Down: 4 x 50 "Silent Swim" (2300/2800)