

Fatigued Distance

Monday

Warmup

300 Choice 2x (100 swim + 50 kick)

8 x 25 Drill, R:10"

Even 25's: Shark (elbow pause) freestyle

Odd 25's: Finger Drag (500)

2x or 3x thru: Fatigued Distance

10 x 50 Free

1-3: @55/1:00/1:05

4-6: @50/55/1:00

7-9: @45/50/55

10: FAST

- 60 seconds rest -

1 x 500 Free

Hold Pace, consistency strong & long

- 60 seconds rest - (1000/2000/3000)

Cooldown

4 x 50: "Silent Swim" odd 50 free, even 50 NF (200)