

Accelerators with Recovery

Wed & Thursday

Warm Up:

200 Free, every fourth 25 Backstroke

200 Kick, every fourth 25 Breast-kick

200 Pull (600)

4x (4 x 25) Skull Catch Drills (400)

Medley Accelerators + 50 DPS Free: (1500)

1-2 50 fly, 25 back, 25 breast, 25 free R:20"

#2 faster than #1,

1 x 50 DPS Free (<20 DPS/25) R:15"

3-4 25 fly, 50 back, 25 breast, 25 free R:20"

#4 faster than #3,

1 x 50 DPS Free (<20 DPS/25) R:15"

5-6 25 fly, 25 back, 50 breast, 25 free R:20"

#6 faster than #5,

1 x 50 DPS Free (<20 DPS/25) R:15"

7-8 25 fly, 25 back, 25 breast, 50 free R:20"

#8 faster than #7

1 x 50 DPS Free (<20 DPS/25) R:15"

9-10 50 fly, 50 back, 50 breast, 50 free R:20"

#8 faster than #7

1 x 50 DPS Free (<20 DPS/25) R:15"

Bonus Last 15 minutes - 500 pull - Timed