

Speed, Technique, Aerobic & Breath Control

Wednesday & Thursday

Warm Up: RI:20"

2 x 400 (60-65%)

1) 100 Free/100 Kick/100 Drill/100 Free

2) 100 Non-Free/100 K/100 Dr/100 Non-Free (800)

3x thru:

3x 100 - Pull (70-75%)

@1:30/1:45/1:55

100 B3 + 100 B5 + 100 B7

(900)

Speed & Technique

8/6 x 75

@1:30/1:45/1:55

(Odds: 25 "Tarzan" Drill + 50 Ez)

(Evens: 25 Fast + 50 Ez)

4 x :30 Vertical Kick (80-85%)

RI:30"

8/6 x 75

@1:30/1:45/1:55

(Odds: 25 Fast + 50 Ez)

(Evens: 25 "Tarzan" Drill + 50 Ez)

1 x 200 Single Arm Swim (60-65%)

RI:30-60"

4 x :30 Vertical Kick (80-85%)

RI:30"

4/3 x (3 x 50)

@1:00/1:20/1:40

(25 underwater/25 ez) + (50 fly 70-75%)

50 Single Arm Swim (60-65%)

(2,000/1,550)

Cool Down: 300 EZ