

# Breathe Timing

Wednesday

## Warm Up:

400 Swim - maximize streamlines off wall

4 x 50 Kick (25 SLOB/25 Dolphin Flow)

8 x 25 (odd fast, even recovery) R:10" (800)

## Re-Group: Timed 100 Free

3x thru: R:10"

75 catch-up w/strong kick+ 25 free, build (300)

Symmetry Breathe Drill: R:20"

100's - Pull - Bilateral Breathing

100 B2-B3-B2 + 100 B3 + 100 B2-B3-B (300)

Speed & Intervals: R:15"-20"

3/2 x (5 x 100)

1) 25 Fast/75 Ez

2) 25 Ez/25 Fast/50 Ez

3) 50 Ez/25 Fast/25 Ez

4) 75 Ez/25 Fast

5) 100 All out Fast! (1500/1000)

Re-Group: Last 10 minutes - Timed 100 Free

Cool-Down: Silent Swim - Catch Up, 1Gin/1Gout