

Endurance Training

Wednesday

Warm Up:

300 Swim Choice (streamline turns, nose to knees)

6 x 50 Kick (25 Build/25 Blast)

4 x 50 Fast (25 Free + 25 Back) (800)

Sculling Catch Drills:

2 x (6 x 25)

R1: 25 Light Set-up/25 Power Diamond

R2: 25 Power Finish/25 "Gin-Gout" (300)

Re-Group: Timed 100 Free (100)

Endurance: (1550)

3 x 200- Free descend, #1 R:20", #2 R:15", #3 R:10"

1 x 100 - Back DPS

3 x 150- Free descend, #1 R:15", #2 R:10", #3 R:05"

1 x 100 - Back DPS

3 x 100- Back descend, #1 R:15", #2 R:10", #3 R:05"

Re-Group: (Last 10 minutes): Timed 100 Back (100)

2 x 100 EZ Kick & Pull Recovery (200)