

Endurance Training

Wednesday

Warm Up: (800)

300 Swim Choice

6 x 50 Fast Kick

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

Drill: "Slide-n-Glide" (300)

2 x (6 x 25) R1-Free, R2-Back

R1: Odd Single Arm Drill/Even DPS

R2: Odd "6-3-6"/Even DPS

RE-Group: 2 x 100 Fast Free and Back for Time (1300)

Endurance: (1850/1400)

3 x 200/150- Free #1 R:20", #2 R:15", #3 R:10"

1 x 100 Kick Recovery

3 x 150/100- Free #1 R:15", #2 R:10", #3 R:05"

1 x 100 Pull Recovery

3 x 100/50- Back #1 R:15", #2 R:10", #3 R:05"

1 x 100 Choice Recovery

RE-Group: 2 x 100 Fast Timed (3150/2700)

Bonus Choice: (400)

4x (25 Back + 25 Free) R:15"

2x (75 Back + 25 Free) R:15" (3550)