

Sustained Efforts

“Yay”Friday

Warm-Up + Drill (600 yards)

- 1 x 600 (200 swim, 200 kick, 200 choice)

Drill focus: flip turn work! (950)

- 4 x 37.5 fast turn; start-end mid-pool @1:00
- 200 Pull R:15-20”
- 4 x 50s 6 strokes-flip turn-6 strokes, etc @1:10
- 200 Pull R: 15-20”
- 4 x 50 Race pace turns @base +:15”-20”
(1550)

Sustained Effort (1500 yards)

1x100 FAST establish base pace

- 1x50 Smooth on :45/1:00/1:15

2x100 Best Average @ base +:05”

- 1x50 Smooth on :45/1:00/1:15

3x100 Best Average @ base +:10”

- 1x50 Smooth on :45/1:00/1:15

4x100 Best Average @ base + :15”

- 1x50 Smooth on :45/1:00/1:15

5x100 Best Average @ base +:20”

- 1x50 Smooth on :45/1:00/1:15 (3050)

Bonus: Floating IMs (500 yards)

- 4x125s Floating IMs @ 2:00 / 2:15 / 2:30

- 50 fly, 25 back, 25 breast, 25 free

- 25 fly, 50 back, 25 breast, 25 free

- etc... (3550)