

Timed 100's & 50's Pace

Monday & Tuesday

Warm up:

400 Swim (turns: nose to knee)

4 x 50 Kick: Odd Back/Even Breast - Distance off Walls

6 x (25 Free + 25 Fast Swim IMO) (800)

Re-Group-Timed: 2 x 100 Free and IMO or Stroke

Maintain IMO Pace for 50's: (70%-75%)

2 x 50 Fly/Back @1:00/1:10/1:15

4 x 50 Back/Br @:50/1:00/1:05

3 x 50 Breast/Fr @:55/1:05/1:10

4 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

Maintain Free Pace for 50's: (80%-85%)

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

Re-Group - 1x or 2x IMO Sprints:

8 x 25 Odds Sprint IMO/Evens Ez Free @:30/:40

1 x 200 EZ Choice @4:00 (400/800)

Cool Down: 200 "Playful" and "Silent Swim"