

Focus: Aerobic Stroke Endurance

Monday PM & Tuesday AM

Warm Up:

400 Swim (every 3rd 25 Fast Swim)

200 Streamline Kick NB (25 Ez/25 Fast)

4 x 50 (25 Fast Free + 25 Ez Fly) [800]

Drill: 2 x (6 x 25) R1: Backstroke, R2: Fly (fins?) (300)

R1: 25-Double Arm Backstroke, 25-"Okay"

R2: 25 "Angel Wings", 25 "StoneSkipper" [1100]

TIME: 50 Fly (March Fitness Goal) (50) [1150]

Aerobic IM: R:15-20" (1800/900)

2x/1x (75 FR +**25 Fly** +75 FR +**50 BK** +75 FR +**25 BR**)

1 x 100/75 Ez Choice (750/400)

2x/1x (50 FR +**25 Fly** +50 FR +**50 BK** +50 FR +**25 BR**)

1 x 100/50 Ez Choice (600/300)

2x/1x (25 FR +**25 Fly** +25 FR +**50 BK** +25 FR +**25 BR**)

1 x 100/25 Ez Choice (450/200)

[2950/2050]

Bonus: (400/200)

4/2 x 100 - Consistent Pacing @base + 15"

Odd 100 Free/Even 100 IM [3350/3150]

Cool Down:

1 x 200 Silent Swim (3550/3350)