

Focus: Endurance Training

Wednesday & Thursday

April Goal: Timed 1K or IM Training

Warm Up: (800/600 yds)

300/200 Swim Choice

6/4 x 50 Kick 25 Fast/25 Ez

4 x 50 Fast (25 Free + 25 Back) (800/600)

Sculling Catch Drills: (300 yds)

2 x (6 x 25)

R1: 25 Figure-8 (Light Set-up) /25 Power Diamond

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

Re-Group: Timed 500 Free (1600/1400)

Endurance: (2000 yds)

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

1 x 100 - Back DPS

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

2 x 100 - Back DPS

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

2 x 100 EZ Kick & Pull Recovery (3600/3400)