

Distance - Timed 1K

Monday & Thursday

Warm up:

400 Swim (finger-tip drag, set up light catch)

8 x 25 Fast Kick Choice @ 35"/40"

4 x 50 25 Fast Free/25 Free DPS (800)

Drill: (200)

4 x 50 Free -

25's: "6-3-6" (slide-n-glide) <4 cycles/length

25's: "Single Arm" (1000)

Distance: (1000/500)

4x or 2x thru:

3 x 100: 70-80% effort R:15-30"

4 x 50: 70-80% effort @1:00 or R:15" (2000/1500)

1x thru: (1600)

1 x 200 Pull (B3)

3 x 250 descend 1-3 R:20"

(watch start & end time -> predict 750 time)

1 x 250 Broken - (75 + 75 + 50 + 50) R:15"

2 x 200 Pull (B3) (3600/3100)

Cool Down: 3 x 100 "6-3-6", "finger-tip" drag