

Distance

Monday & Thursday

April Goal: Timed 1K (1000 yds)

Warm up:

300 Swim

2x thru: (800 yds)

2 x 75: 50 **Drill***/25 Swim

Drill*choices: 4 Strokes & 3 Long Doggy Paddle;
Pause at front of stroke; Catch-up w/strong kick

1 x 100 Free - perfection

4 x 25 Free: Descend 1-4

1 x 50 EZ NF

(1100)

Distance: R:15" (1800/1650 yds)

1 x 200/150 Negative Split

4 x 75 Paddles 25 Strong/50 Ez

1 x 200/150 Negative Split

4 x 125 Paddles Odd 25s Strong/Even 25s Ez

1 x 200/150 Negative Split

4 x 75 Paddles 25 Strong/50 Ez

1 x 200/100 NF Choice Recovery

(2900/2750)

2x or 1x thru: R:30" (800/500 or 400/250 yds)

2x 50/25 Free - All Out FAST

3/2 x 100 Swim choice Recovery

(3700/3250)