

Distance Training

Monday & Thursday

Warm Up:

300 Swim (relaxed recovery, light catch set up, finish solid)

4 x 50 Fast Kick: Choice (500)

Drill: Free (300)

2x (3 x 50)

R1: Odd 25 Single-Arm/Even 25 DPS

R2: 50's 4 Stroke/3 long doggy paddle/DPS (800)

Re-Group: 500 Free - Timed (1300)

Distance: (300)

6 x 50 Free

Descend 1-3/4-6 @1:00/1:15/1:30 (1600)

Descend Interval by :05: Choice of Distance

15 x 100 or 10 x 100 or 6 x 100:

5 @ 1:40/1:45/2:00/2:15

4 @ 1:35/1:40/1:55/2:10

3 @ 1:30/1:35/1:50/2:05

2 @ 1:25/1:30/1:45/2:00

1 @ ALL Out FAST (3100/2600/2200)

Bonus: @ base +10" or R:15"

100 IM + 100 Free + 100 IM + 100 Free