

Turns & Power Last 50 or 100s

Monday & Thursday

Warmup:

500/300 Swim (Relaxed recovery and hold pull)

6 x 50 Kick @ :45/1:00/1:15/1:30 (800/600)

Re-Group: Turns: (Rest as necessary)

6 x 25: Start Mid-pool - turn - end Mid-pool - repeat

6 x 25: Start at wall - 2-4 strokes into flips remainder of length

4 x 50: 3 flips/50 (360 degree > 180 degrees > 360 degrees) (500)

2x/1x thru: Hold pace last 50 or 100's R: 20"

For every repeat: before last 50's or 100's, briefly pause & time last 50 or 100 - goal is to hold same time across all distances

1 x 100

1 x 200

1 x 300

1 x 400

1 x 300

1 x 200

1 x 100

(3200/1600)

Cooldown: 2 x 100 Silent Swim

(Total:4500/2700)