

Work it Wednesday

3150/2225

Warm up

700/500

200/150 Choice @ :20 rest
200/150 Pull @ :20 rest
100/50 Kick @ :15 rest
4/3 x Backstroke @ :10 rest
4/3 x 25 Choice @ :10 rest *build each 25*

Drill 12/6x 25 10 Sec rest

300/150

4/2 Finger drag Free
4/2 Back – Rhythmic Breathing
4/2 Free Kick – Shark Fin Kicking

Set 1 Pacing – 15 secs

Middle 100/50 of each distance should be consistent time 1000/600

300/150 Free

200/100

100/50

100/50

200/100

300/150

30 sec rest before repeat

Set 2 Building 15 sec

3x 1350/675

Build by 50 each distance to 80%

2x 900/450

3/2x 200/100

3/2x 150/75

3/2x 100/50

Set 3 Speeding

300/200

12/8 x 25 @ 10 sec rest

BBFE - Build/Blast/Fast/EASY Evens are stroke

Cool down – 200/100 Easy

200/100