

Broken 200's

Tuesday & Wednesday

Warm-Up (300 yards)

1 x 300 Swim Choice

1 x 200 Kick

1 x 100 Pull (300)

Drill Set "Long & Strong" (600 yards)

- 2 x 50 finger tip drag w/catch up
- 2 x 50 single arm w/straight arm or kick board
- 8 x 25 descending DPS; 1-4, 5-8 (900)

1x or 2x thru "Broken 200s" (800 or 1600 yards)

– 8 x 25s BBFE @ :30/:35/:40

– 4 x 50s Descend 1-4 @ :50/:55/1:00

– 1 x 200 Build @ 3:00/3:10/3:20

– 1 x 200 FAST

:30 rest between rounds (1700/2500)

Sustained Effort (1000 yards)

● 1 x 100 EZ Choice @ 2:30/2:45/3:00

● 1 x 100 Build Freestyle @ 1:40/1:50/2:00

● 8 x 100 Sustained STRONG @ 1:25/1:35/1:45
(2700/3500)

Cool-down

2 x 100 Smooth and Silent Swim

(2900/3700)