

Focus: Distance – May Goal “Best 200 yd”

Monday & Thursday

Warm up:

300 Swim (odd 25 “finger-tip drag”)

8x (25 Fast Kick – between flags) R:10”

4 x 75 Turns – 25’s (Back/Breast/Free) R:10” (800)

Drill:

4 x 75 Free – (fins?) R:10”

25’s – 4 Free Strokes + 3 Long Doggy Paddle

25’s – “6-1-6”

25’s – “6-3-6” (300)

Distance:

2 x 125 Broken – Choice – Build R:05”-10”
(50 + 50 + 25)

3 x 250/200 descend 1-3 – Choice @base +20”

1 x 400/300 Pull (B3) (1400/1150)

1 x 200 Kick Choice – **Timed**

3 x 50 descend 1-3 @base +10”

4/2 x (25 Back/25 Breast/25 Free) R:05”

1 x 200/100 Pull (B3) – **Timed** (850/600)

Cool Down: 3 x 100 Choice “Silent Swim”