

Finishing Kick

Wednesday

Warmup

400 Swim

200 Kick

4 x 50 Pull @ :50 / 1:00 / 1:10

(800)

Repeat 2x (200) R:10"

1 x 75 Catch-up w/strong kick

1 x 25 Free, build Ez to Fast

Repeat 1x (400) R:20"

4 x 75 Kick, build each 75 to Fast

100 Choice, recovery

Repeat 2x (1100)

3 x 50 Catch-up w/strong kick @ 1:00/1:10/1:20/1:30

1 x 100 Pull, steady @ 1:45/2:00/2:15

4 x 50 Free @ 1:10/1:20/1:30

1) two-beat kick, 2) four-beat kick, 3) six-beat kick 4) Max over-kick

1 x 100 Choice, recovery @ 2:00/2:15/2:30

Repeat 1x (400)

4 x 75 Kick, build each 75 to fast

1 x 100 Choice, recovery (2900)

Bonus:

Repeat 2 or 3x (400/600)

2 x 100 choice R:15s

1: 25 Kick, 50 swim build, 25 Kick Fast R:15s

2: 50 swim smooth, 50 swim FAST w/ FAST KICK R:30s

(3300 / 3500)

Cooldown

4 x 50 Silent Swim