

Move it Move it

Wednesday & Thursday

Warm-Up

(500/250)

1 x 300/200 Swim Choice
1 x 100/50 Kick
1 x 100/50 Pull

Drill Set

(600/300)

- 4/2 x 50 Free-accelerate into turn and blast out, then easy
- 4/2 x 50 Back – emphasize shoulder rotation
- 4/2 x 50 constant stroke count but descend by ≥ 1 sec each 50

Keep it moving 2 x through

(1600/800)

300/150 Free mod pace constant stroke count 30 sec rest
4/2 x 50 Free - Descend moderate—>FAST 45/50/55/1:00
200/100 Non Free moderate pace constant stroke count
4/2 x 50 NonFree - Descend moderate—>FAST 45/50/55/1:00

Easy 100/50 Regroup

(100/50)

Move your feet

(200?)

5 min kicking with intermittent sprint kicks on signal

Choice movement

(600/300)

2/1 x 50 EZ Choice @ 20 sec rest
2/x 100 Build choice @ 20 sec
2/1 x 150 Sustained effort choice @ 1:25/1:35/1:45

Cool-down

(100/50)

100/50 easy

(3500/1750)

Not counting kick set