

Warmup: (700 yds)

200 Swim

4 x 50 Fast Kick @ 1:00 / 1:10 / 1:30

6 x 50 Pull - Odd 25's B3/Even 25's B5 (700)

Drills: "Long and Strong" (400 yds)

8 x 25 Free Drills:

Odd 25's: Shark (*high elbow*)

Even 25's: Catch-up (*land 10-2, hip drive for length*)

8 x 25 Free BBFE 1-4, 5-8 R:20" (1100)

Round I (800 yds)

10 x 50 Freestyle @ :50 / :55 / 1:00

1-5 Descend

6-10 Anti-descend (*start fast, get slower each one*)

1 x 200 RACE PACE

1 x 100 Recovery (1900)

Round II (1050 yds >1800 yds) R:15s between intervals

Pyramid: Choice & steady up to 300 & back down by 50s,

1 x 50, 1 x 100, 1 x 150, 1 x 200, 1 x 250, 1 x 300,

1 x 250, 1 x 200, 1 x 150, 1 x 100, 1 x 50

(Up to 300: 1050, Full pyramid: 1800)

Cooldown:

2 x 100 Silent and Smooth Choice