

Over the Hump

Wednesday & Thursday

Warm Up-10 min (600/300)

200/100 swim

200/100 kick

200/100 pull

Drill (300/150)

12/6x 25

4/2 Free 4/2 Non-Free 4/2 Free R:10s

Scull, DPS, Build, Sprint.

Main Set (1900/1000)

4/2 x 100 Same speed Middle 100 above
1:30/1:40/1:50/2:00

4/2 x 75 IM - Omit least favorite stroke

6/3 x 100 Free Descend 1-3,4-6
1:30/1:40/1:50/2:00

6/4 x 50 Odds Free, Evens 25 Fr/25 NF R:15s

2/1 x 100 Fast-ish Free

1 x 100/50 EASY

All Stroke Repeat x 2 (if there's time) (500/250)

4/2 x 50 build

4/2 x 25 fast

4/2 x 50 slow

3300/1700