

Smorgasbord for Speed Wednesday & Thursday

Warm up (600/300)

200/100 swim

200/100 Kick (on side) - swim by 25

200/100 Pull

Drills @ 10s (500/250)

8/4 x 25 Butterfly – two long kicks per stroke

8/4 x 25 Back – Hip Touch

4/2 x 25 Breast – Double Pull down then swim

Note: ≥ 3 people in a lane then rest => “go” when 3rd person arrives

Main set (500/250)

300/150 Free - Streamline past flags underwater @20s

100/50 Back- Streamline past flags @15s

4/2 x 25 Power @ 20s

200/100 Free Kick-Swim by 25 @15s (600/300)

200/100 Free/Back x 25 - Free **strong**, Back **easy** @20s

4/2 x 50 Power interval gauged to 30s rest

100/50 Free PULL – DPS/Swim by 25 @15s (700/350)

300/150 - 75 **strong** Back - 25 **easy** Free @20 secs

4/2 x 75 Power interval gauged to 30s rest

Bonus Set (*more likely in the morning workout*)

1) 6/4 x 125 Build Free thru 100, last 25 IMO (750/500)

2) 6/4 x 75 – Build Free through 50, last 25 IMO (450/300)

Cool Down “Whatever”