

Random Sprints

“Mani” and Tyr” Day

Warm up – Stop at 10 past the hour. 600

200/100 Swim

200/100 Kick

200/100 Pull

Set 1 - 1100

400/200 Choice @ :20 rest

300/150 Pull @ :20 rest

4/2 x 25 Drill @ :10 rest *scull*

200/100 Free @ :20 rest

4 x 25 Choice @ :10 rest *build each 25*

Regroup

Set 2 - 10 minutes: Coach whistles or yells start sprint kicking.
Coach will signal stop

5 minutes: Continuous KICK intermittent random sprints

5 minutes Continuous SWIM intermittent random sprints

Set 3 - 1100

4 x 25 Free Descend each 25

200/100 Free @ 20sec rest

4/2 x 25 BBFE

300/150 Middle 100/50 is non-free @ 20 secs rest

400/200 Pull

Bonus Set 4 6/3 x 100 @ 20 secs rest 600

Odds are Free, Evens 50 Free/50 Stroke **3400**