

Over the top
(Total: 3000/1600)

Wednesday and Thursday

Warm up (15 min)

500/350

200/150 Choice @ :20 rest

200/150 Pull @ :20 rest

100/50 Kick @ :15 rest

Ad lib until 00:15

Drill - Re-Group -

400/200

4/2 x 50s Free DPS. Count strokes. ↓ 1 stroke count
each 50 same time

4/2 x 50 Back DPS – Same as above – you are going
to have to KICK!

Set 1 Going the Distance

R:20s

1200/600

300/150 Free 75-80% Change lead every 100 @ 20s

300/150 Steady Pace: Broken every 50 for 5s

300/150 Build 75s Broken every 75 for 5s

300/150 Descend Broken at the 150 for 10s

Set 2 Mixing in Stroke

600/300

4x (150/75) Middle 50/25 Stroke in IM order

Set 3 Bonus

300/150

3x (100/50) Add stroke at the end in reverse IM order

100 Fr + 75 Fr 25 Br + 50 Fr 25 Br 25 Bk + 100 RIMO

Cool down – 200/100 Easy

200/100