

Variable Speed Work

“Woden and Thor” Day

Warm-Up (1500 yards)

- 1x300 Choice
- 1x200 IM: Swim odd 25, Drill even 25
- 1x200 Pull

(Regroup, then)

- 2x150s Free on 2:10/2:20/2:45
- 3x100s Free on 1:30/1:40/1:50
- 4x50s on :50/:55/1:00 (1500)

Main Set 1: Mid-Sprint Free (800 yards)

- 2x100s Free on 1:30/1:40/1:50
- 2x75s Build on 1:10/1:20/1:30
- (Take :30 rest then)
- 2x100s Free on 1:25/1:35/1:45
- 2x75s JUST MAKE IT on 1:00/1:10/1:20
- 1x100 EZ (2300)

Main Set 2: Variable Speed - 3x or 2x thru (1200 yards)

(Exchange BBFE for IM on round 2)

- 8x25s BBFE on :30/:40/:50
- 1x100 Free on 1:30/1:40/1:50
- 1x100 IM on 1:45/2:00/2:15
- (No rest between rounds) (3500)

Cool Down: 1x300

(3800)