

“Woden’s Day” and “Thor’s Day”

Warmup (900 yards)

500 Swim, then regroup in your lane and
4 x 100 on 1:30/1:40/1:50

(900)

Main Set 1: Sustained Effort (2250 yards)

3x200 Free on 2:50/3:10/3:30

1:00 rest

4x25 FAST on :40/:50/1:00

1:00 rest

3x200 Free on 3:00/3:15/3:40

1:00 rest

6x25 Choice on :50/1:00/1:10

1:00 rest

3x200 Free on 2:50/3:10/3:30

1:00 rest

8x25 Free SPRINT on 1:00/1:15/1:30

1:00 rest

(3150)

Main set 2: short effort (500)

10x50s on :50

Odds free, even stroke

(3650)