

100 Freestyle

Monday

Warmup

200 Swim

Repeat 3x:

2 x 50 Kick @ 1:00 / 1:10 / 1:20

4 x 25 Drill:

1st round: Fist Drill; 2nd: Catchup; 3rd: DPS

2 x 50 Pull @ :50 / :55 / 1:00

(1100)

Main Set

3 x 200 Free Descend, R: 30s

4 x 100 Non-Free, R: 30s

4 x 50 Free Build, R: 30s

100 EZ

100 RACE Pace - Timed

(1400)

Bonus Set

10-15 minute Swim-Out

Repeats - 100 Free, 100 Non-Free, 50 kick until time is up

(?)

Cooldown

4 x 50 "Silent Swim"

(200)