

Build to Fast 100

Wicked Wednesday & Terrible Thursday

Warm-Up (900 yards)

- 1 x 1000 SKIPS

— 200 each of Swim, Kick, IM (swim down, drill back),
Pull, (back to) Swim

(1000)

Main Set 1: Build to 100 fast (2300 yards)

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

4x25 Free, BE 5 strokes on :30 / :40 / :50

4x25 Kick on :30 / :40 / :50

4x25 Free, BE 5 strokes on :25 / :35 / :45

● Rest :30

4x50 Free on :50 / :55 / 1:05

4x50 Free on :45 / :50 / 1:00

6x75 Free on 1:15 / 1:20 / 1:40

6x75 Free on 1:05 / 1:15 / 1:30

● Rest :30

2x100 Free on 1:30 / 1:40 / 1:50

2x100 Free on 1:25 / 1:35 / 1:45

2x200 Free on 3:00 / 3:20 / 3:45

● Rest for 1:30

1x100 TIMED (3300)

Main Set 2: Get some stroke in (700 yards)

● 8x25 IMO on :30 / :45 / :50

● 8x50 IMO on :55 / 1:05 / 1:15

● 1x100 IM (4000)