

Free - Test Set

Wednesday

Warm up:

300 Swim

4 x 50 (25 finger-tip drag + 25 "Glove" Stroke)

4 x 50 FAST KICK - btwn flags @:75/:90 (700)

Test Set:

3 x 100 Aerobic Pace @1:30/1:40/1:50/2:00

200 Drill - Active Recovery

3 x 100 Threshold Push @1:45/1:55/1:05/2:15

200 Drill - Active Recovery

3 x 100 Sprint Pace @2:00/2:10/2:20/2:30

200 Ez Choice

1 x 100 Max Effort - Timed (1600)

Bonus Set:

1 x 200 Kick Choice R:20"

2 x 200 Pull 50's B3/50's B5 R:20"

1 x 200 Non-Free Choice (800)

Cool down:

3 x 100 EZ/Back Sculling/Perfect Turns