

FRIDAY IS FUN DAY

3000/1600

Warm up 15 min

500/350

200/150 Choice @ :20 rest

200/150 Pull @ :20 rest

100/50 Kick @ :15 rest

Ad lib until 00:15

Drill

400/200

4/2 x 50s Free DPS. Count strokes. ↓ 1 stroke count each 50 same time

4/2 x 50 Back DPS – Same as above – you are going to have to KICK!

Set 1 200 PACING 20 secs after each swim

1200/600

300/150 Free. Mod pace. Change lane leader every 100 @ 20 secs

200/100 Broken every 50 for 5 secs. Steady Pace

300/150 Broken every 75 for 5 secs Build each 75

200/100 Broken at the 100/50 for 10 secs. Descend

100/50 Same time as the last 100/50

100/50 ASCEND by 5 seconds or so.

Set 2 Stroke Insanity

600/ 300

150/75 x 4 Middle 50/25 is stroke in IM order **BUT**

Fly with flutter kick

Back is Double-arm with frog kick

Breast is with Dolphin Kick

Freestyle with Scissor kick

Set 3 Bonus

300/150

100/50 X 3 Add stroke at the end in reverse IM order

100 Free

75 Free 25 Breast

50 Free 25 Back 25 Breast

25 100 IM

Cool down – 200/100 Easy

200/100