

Consistent Pace

Wednesday & Thursday

Warm Up: Streamline off walls

300 Free + 8x25 Kick + 300 Non-Free (800)

Drills: re-group within lane pods

8 x 25 Mid-Pool Turns: Fast, Streamline (200)

Pacing & Efforts:

Moderate Pace Swim R: 15"

4 x 75 Swim 25 Fly/25 Free/25 Back

4 x 75 Swim 25 Back/25 Free/25 Breast

4 x 75 Swim 25 Fly/25 Back/25 Breast (900)

Best Effort Pace 3x thru:- DPS @base +20"

3 x 100 – R#1 Free, R#2 Back, R#3 Choice (900)

Pyramid Pull: (Accelerate every 3rd 25)

75/100/200/100/75 R:10" (550)

Last 10 minutes – Lane pods regroup

200 Free – Timed (200)