

Pacing and Pyramid

Friday

Warmup

200 Swim

4 x 50 Kick @ 1:00 / 1:10 / 1:30

8 x 25 Free Drills:

Odds: Shark (*high elbow*)

Evens: Catchup (*thumbs touching at most*)

6 x 50 Pull (900)

Descend & Anti-Descend (800):

10 x 50 Freestyle @ :50 / :55 / 1:00 / 1:15

1-5 Descend

6-10 Anti-Descend (*start fast, get slower each one*)

1 x 200 RACE - Time

1 x 100 Recovery Choice (1700)

Pyramid: Choice & Steady (1750): R:15s

Choice & steady up to 300 & back down by 50s,

1 x 50, 1 x 100, 1 x 150, ... , 1 x 150, 1 x 100, 1 x 50

(Up to 300: 1050, Full pyramid: 1750) (2750/3450)

Cooldown

4 x 50 Silent Swim (2950/3650)