

Sprint Free & Back

Wednesday & Thursday

Warm Up:

300 Swim (every 3rd 25 "Fist" Swim) (300)

Drills 2x thru:

2 x 75 Back 50 "Hesitation Tap" + 25 DPS

2 x 75 Back 25 Dbl Arm Back + 50 DPS (600)

2x or 3x thru: Set target speeds

4 x 50 Back - Descend to 95% R:15"

2 x 100 Hold Fast Pace R:15"

Bonus Rest - 60 seconds

1 x 200 Descend 50's to 100%

Bonus Rest - 60 seconds (1200/1800)

Re-Group last 15 minutes

1x or 2x thru:

4 x 50 Swim Choice descend 1-4 @:60/:75/:90

1 x 200 Pull R:30" (400/800)

Cool Down:

3 x 100 "Silent Swim" Choice