

Warm-Up:

1200 (18 min)

300 Swim – 300 Fr Pull, 200 Swim – 200 Any Kick, 100 Swim – 100 Any Drill

Main Set:

4000 (58-63 min)

(Work this set HARD enough and SMART enough to need a 50 EZ each round AND do not LOOSE the clock, stay on intervals!!!):

A		B		
8 x 100's	1:35	1:40	Any equipment any stroke (fins, board, buoy, paddles, snorkel), make sure this selection matches goals!	TECH/FAST
50 EZ CH @1:00				
A		B		
7 x 100's	1:30	1:35	Any equipment any stroke (fins, board, buoy, paddles, snorkel), make sure this selection matches goals!	TECH/FAST
50 EZ CH @1:00				
A		B		
6 x 100's	1:25	1:30	Any Stroke or IM or Mix, NO Equipment, MATCH goals!	TECH/FAST
50 EZ CH @ 1:00				
A		B		
5 x 100's	1:20	1:25	Any Stroke or IM or Mix, NO Equipment, MATCH goals!	TECH/FAST
50 EZ CH @ 1:00				
A		B		
4 x 100's	1:15	1:20	Freestyle swim only!	HOLD
50 EZ CH @ 1:00				
A		B		
3 x 100's	1:10	1:15	Freestyle swim only!	HOLD
50 EZ CH @ 1:00				
A		B		
2 x 100's	1:05	1:10	Freestyle swim only!	HOLD
50 EZ CH @ 1:00				
A		B		
1 x 100's	1:00	1:05	Freestyle swim only!	ALL OUT!
50 EZ CH @ 1:00				

Drill/Recovery:

200-400 (5-10 min)

Group A – 400 Drill work with equipment option (you'll finish earlier)

Group B – 200 Drill work with equipment option

Post Set Work:

800 (16 min)

8 x 100's FAST @ 2:00

(Kick, swim, pull, stroke, free, IM, whatever – ALL must be fast, any stroke, mix it up, don't ask just go crazy fast with GREAT technique ON all, don't save for #8!)

Cool Down:

100 (2 min)

100 EZ

TOTAL: 6300-6500 (1 hr 45 min +)