

Storm Swim Team

SENIOR/ NATIONAL WORKOUT

Warm Up & Pre-Set (23 minutes)

400 IM @ 6:15

400 Free Pull w paddles & buoy @ 6:00

4 x 25 Shooter @ 1:00

12 x 25 IMO @ :30 - focus on race speed UWs + 2 cycles; then DPS Fr

IM Main (48 min)

3 x 200 IM Desc 1-3 @	2:55	3:05	3:10
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8 x 25 IMO AFAP @	:30	:30	:30
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1 x 200 Strmline Fr K on Bk @	4:00	4:00	4:00
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1:00 rest

3 x 400 IM Desc 1-3 @	5:50	6:10	6:20
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8 x 50 IMO AFAP @	1:00	1:00(7)	1:00(6)
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1 x 200 Strmline Fr K on Bk @	4:00	4:00	4:00
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Dolphin K Set (15 min)

12 x 75 ATW w/ fins @	1:15
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Cooldown