

Monday, February 24:

Warmup (1000 yards)

200 SKIPS

Aerobic Set (1000 yards)

4x125 build to fast @2:00/2:20

4x50 at 200 pace @1:15/1:30

3x100 DPS (count strokes!) @1:30/1:45

Main Set (1300 yards)

*breathe-out sprint: exhale, then push off the wall and sprint as far as you can w/o breathing

2 rounds:

6x25 breathe-out sprints @1:00

4x50 breath control @1:00/1:15

4x75 choice best average @1:30

Warm Down (200 yards)

4x50 choice warm down

Wednesday, Feb 26

Warmup (1000 yards)

1x400 free
1x200 stroke
4x50 social kick

Main Set (1200 yards)

1st round stroke, 2nd round choice:
4x50 drill @1:00
2x50 GOLF (lowest time + # strokes) @1:00
4x75 build to sprint finish @1:20/1:30

Kick Set (800 yards)

4x100 kick build @2:00
8x25 kick all out @0:45/1:00
4x50 kick JMI @1:00

Warm Down (200 yards)

200 choice easy

Thursday, February 27:

Warmup (1000 yards)

100 SPRINKLERS (swim, pull, right arm only, IM, negative split, kick, left arm only, every other 25 fast, reverse IM, swim)

Main Set I (1200 yards)

4 rounds:

1x200 broken at each 50 (0:10 rest),

100 choice easy

Main Set II (800 yards)

2 rounds:

4x50 breath control

8x25 all out OTB

Warm Down (200 yards)

200 choice easy