

Swim Workout: 3300 yards

Warmup: (800 REC)

400 reverse-I.M. (free-breast-back-fly) swim/drill choice
6 x 50 on :50, step down 1-3, 4-6 (REC-EN-Thresh.)
4 x 25 on :35 sprint-medley (or build-up).

Technique: 2 sets of 6 x 25 (300 REC)

Each set is as follows: 6 x 25 w/:15 rest
#1 – side-kick 12
#2 – side-kick 6
#3,4 – fist drill
#5 – swim fast and powerful
#6 – swim maximum DPS (distance-per-stroke)

Kick: 18 x 50 kick w/:20 rest (900 EN)

Each 50 is at aerobic endurance (EN) level, except
#3,6,9,12,15,18, which are at VO2-MAX level.

Pace set: 10 x 100 pull on 1:30 (1000 EN)

Hold consistent aerobic (EN) pace throughout set

Warmdown: (300 REC)

100 easy
4 x 25 on :35, drill
100 easy