

Swim Workout: 5150 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).

Pace set: 8 x 100 pull on 1:30 (1:40) (800 EN)

Hold consistent aerobic (EN) pace throughout set.

Strength set: 24 x 25 butterfly on :35 (600 EN)

If necessary, do every 4th or every other 25 freestyle or 1-arm butterfly.

Quality set: 6 sets of 4 x 50 freestyle on :45 (:50) (1200 Thresh)

These are at a consistent pace, but *substantially faster* than the EN 100's above. Divide your EN 100 pace by two, and subtract 3-5 seconds to get your goal time. Hold this pace, on an interval which gives you 10-15 seconds rest. Take an extra 1:00 – 1:30 rest between sets. This is **high aerobic** level – not substantially anaerobic.

Kick: 6 x 75 kick w/:20 rest (450 EN-VO2)

Each 75 is at aerobic endurance (EN) level, except #3 and #6, which are at VO2-MAX level.

Pace set: 8 x 100 pull on 1:30 (800 EN)

Hold consistent aerobic (EN) pace throughout set. Try to hold the same pace as previously!

Warmdown: (500 REC)

150 easy
8 x 25 on :35, odds drill, evens DPS
150 easy