

Warm Up

400 swim

6 x 75 @ :20 rest (25 kick RT, 25 kick L, 25 DPS)
(850)

Set 1

2x through:

100 swim descend by 25 @ b +10

75 drill/sw/drill by 25 @ b +10

25 FAST @ :30

(400)

Set 2

3 x 100 negative split @ b

200 descend by 50 @ b +10

2 x 100 negative split @ b

2 x 200 descend by 50 @ b +10

100 negative split @ b

3 x 200 descend by 50 @ b +10

You are getting rest on these 200s, REALLY descend those 50s

(1800)

Set 3

2x through:

50 drill @ :15 rest

50 FAST @ :20 rest

25 drill @ :15 rest

25 FAST @ :20 rest

Again, you are getting rest. You should be tired, use those legs and really push the sprint
s.

(300)

Warm Down

250 easy

Total: 3,600