

WEDNESDAY PM 4.4.18

GROUPS:

(1) Swim → Run

Levy – Forese – Cyr – McQuet
Markley – Dematteo - Harrington
Tartar – Marquardt – Arris - Drengler

(2) Run → Swim

Leibson – Cox – Roman - Feiler
JBrown – Spires – Wade - Buese
Berry – Jkim – Glas – Lin – Cuthbert

A.

- 20 min RUN or BIKE (**only** for injury prone)
 - Followed by 5 min stretch as group
- 15 min abs set
 - Each person picks an exercise for :60s

B.

500 WARMUP

- 1 x 200 Swim @ CLEAR
- 3 x 50 Kick on 1:00, Descend 1-3 RED
- 1 x 100 IM drill on 1:25
- 2 x 25 Kick on :30 ... 12.5y UWK @ GREEN, 12.5 EZ @ WHITE

SET 1 = FS AEROBIC w/ fins

- 3x 200 FS-BK Swim (75-25) on 2:20 @ PINK
- 3 x 150 FS-FL Swim (50-25) on 1:45 @ RED
- 3 x 100 FS- PRIMARY (50-50) on 1:10 @ ORANGE

*** FL & BR = Flutter Kick

SET 2 = Breath Control

- 4 x 100 Pull or Paddle Swim on 1:30 @ PINK .. Descend # of breaths 8 – 7 – 6 – 5
- 6 x 50 Pull or Paddle Swim on :40 @ RED .. Descend # of breaths 6 – 5 – 4 – 3 – 2 – 1
- 8 x 25 NO BREATH on :45 .. Odd UWK FAST, Even: Swim @ White

100 LOOSEN

TOTAL Swim: **2950**