

Senior Workout for Friday, May 23

Warm-up 1000

400 fr

4x100 im on htbl

4x50 kick w/or w/o kb on htbl

Drill Set 600

4x on htby

1x75 alt. 50 ms drill / 25 ch scull

1x75 alt. 25 ms SPRINT / 50 ms drill

Pre-Main Set w/short fins (long if you don't have short) 500

5x on cso

25 SPRINT uwdk

50 fr catch-up w/:02 pause in the 11-position

25 SPRINT fr w/a focus of aggressive legs, no beathing

Recovery 200

200 ch swim easy

Main Set #1 1000

5x200 st (bf, ba, br) as 100 bu defined as 25 easy, 25 mod, 25 fast, 25 SPRINT on :10pr – 50 SPRINT on :10pr – 50 SPRINT on cso

Recovery 200

200 ch swim easy

Main Set #2 1000

10x100 fr on toughest interval you can handle (giving you no more than :05pr)

Warm Down 400 (4900)

400 alt. 100 st / 100 fr alt. 50 drill / 25 kick / 25 sc