

Senior Workout for Monday, May 19

Warm-up 2800

5x200 fr on 2:30 long & strong, hold :01 glide off all walls prior to performing breakout, check sc (some athletes will swim 150)

8x100 im on 2:00 with the goal of uwdk to mp or past for bf, ba, br

12x50 kick on 1:00 may use board (unless kicking ba = no board), 2 of each imo, 4 ch

16x25 on htal, odds ch scull without kicking, evens ms fast holding sc

IM Focus Set 1400

8x175 as (see below) on 3:30 (designed with a lot of passive rest so you can perform your uws)

25 bf w/10uwdk

25 ba w/10uwdk

25 br w/2uwpo

100 fr alt. 50 mod/50 sprint + no breathing last 12.5-yards

Solider Kick Set 750

7x50 on :50 - :55 – 1:00 – 1:05 (select an interval which gives you :05pr)

5x100 on 1:30 – 1:40 – 1:50 – 2:00

Warm down 400 (5350)

400 ms alt. 50 drill / 50 swim