

Senior Workout for Tuesday, May 20

Warm-up 1800

600 alt. 200 fr 200 st 100 fr 100 st

400 ch pull w/buoy & paddles

4x50 ms kick, no board on 1:00

Fins on (their ch of size)

8x50 flutter or dolphin kick, uw to mid-pool off all walls on 1:15

8x25 on htal alt. 25 kick + scull, 25 ms SPRINT

Drill Set 600

8x on htal

50 ms drill

25 ms DIPS

Pre-Main Set 900

4x

4x25 one round of each stroke on :30 @ sc, SPRINT 3rd 25 of each round

1x125 ms (select one stroke for all rounds) as 75 build to sprint finish + 25 drill + 25 DIPS on 2:15

Solider Kick Set 750

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

5x100 on 1:30 (swim 1:30 if did :50) – 1:40 (swim 1:40 if did :55) – 1:50 (swim 1:50 if did 1:00) – 2:00 (swim 2:00 if did 1:05)

Main Set 900

9x100 fr on cso (sprint 1, sc 2 x 3) cycle through who leads the lane (lane leaders sprint)

Warm Down 200 (5150)

200 ch social kick