

Senior Workout for Wednesday, May 21

Warm-up 1000

Sprinklers x 100

Drill Set 600

8x50 ms drill on htal

8x25 ms DIPS on htal

IM Amazing Main Set 2400

1x

1x200 im on 2:40 race

1x200 fr on 2:40 holding sc

2:00pr

2x

1x200 im on 2:50 race

1x200 fr on 2:50 holding sc

2:00pr

3x

1x200 im on 3:00 race

1x200 fr on 3:00 holding sc

Recovery 200

200 ba easy

Speed Work 400

8x50 fr SPRINT on 3:00

Warm Down 300 (4900)

300 ch alt. 25 swim – 50 drill – 25 sc