

July 9, 2015

ENDURANCE

Warm up: 200 EZ FS; 200 Bup; 200 EZ
600m

Stroke drill: 3x100: 25 fs drill 25 fs on 2 min
900m

Basic 4x175 Desc. 1- 4 on 4min
Endurance: Check H R 1600m

Kick: 2(4x50 IM/Fs) on 75
2000m

Lactate 6(3x25) 25 Ez; 25 Bup; 25 fast FS on 30
power: 2450m

Recovery: 4x100 Ascend by 4 secs on 2:00
2850m

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MIDDLE DISTANCE

Warm up: 150 FS EZ; 150 Bup; 150 EZ
450m

Stroke drill: 3x100: 25 fs drill 25 fs on 2:15m
750m

Basic
endurance: 4x150 Desc. 1-4 on 4min
Check H R 1350m

Kick: 2(4x50 FS/IM) on 1:20 1750m

Lactate
power: 4(3x25) 25EZ FS; 25BUp; 25Fast on 30
2050m

Recovery: 4x75 Ascend by 3 secs
on 1:30

2350m

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FIT-TECH

Warm up:	150 EZ FS; 150 BUP; 100EZ	400m
Stroke drill:	2x100 : 25 fs drill 25 fs on 2:30 m	600m
Basic endurance:	4x125 Desc. 1-4 on 3min Check HR	1100m
Kick/Swim:	2(4x50 FS) on 1:30 Kick/swim; Swim/kick	1500m
Lactate power:	4(3x25) 25EZ FS; 25Bup; 25EZ on 45	1800m
Recovery:	4 x 25 Ascend by 3 secs on 1:00	<u>1900m</u>