

Warm-Up:

300 swim [75 FR/25 BK]

6x50 [25 scull/25 swim @ 1:10/1:15]

4x50 pull @ 1:05/1:10

4x50 desc. 1-4 @ 1:00/1:05

Pre Set:

8x25 FR (6 KK switch) @ 20-30R

Main Set:

10 x 100 FR @ 1:45/1:55 (aerobic)

Hold +/- 2 seconds

4x50 [25 strong/25 ez] @ 1:00/1:05

Cool-Down:

200 EZ

January 13th

Silver – 2400m

Warm-Up:

300 swim [75 FR/25 BK]

4x50 [25 scull/25 swim @ 1:15/1:20

4x50 pull @ 1:15/1:20

4x50 desc. 1-4 @ 1:10/1:15

Pre Set:

8x25 FR (6 KK switch) @ 20-30R

Main Set:

9 x 100 FR @ 2:00/2:10 (aerobic)

Hold +/- 2 seconds

4x50 [25 strong/25 ez] @ 1:05/1:10

Cool-Down:

200 EZ

Warm-Up:

200 swim [75 FR/25 BK]

4x50 [25 scull/25 swim @ 1:20/1:30

4x50 pull @ 1:20/1:30

4x50 desc. 1-4 @ 1:20/1:30

Pre Set:

8x25 FR (6 KK switch) @ 20-30R

Main Set:

8 x 100 FR @ 2:20/2:30 (aerobic)

Hold +/- 2 seconds

4x50 [25 strong/25 ez] @ 1:15/1:20

Cool-Down:

200 EZ