

Swim Workout: 1450 yards

Warmup: **(500 REC)**

200 swim

4 x 50 kick w/:20 rest

4 x 25 w/:20 rest, each 25 build-up to a fast finish

Technique: 2 sets of 6 x 25 **(300 REC)**

Each set is as follows: 6 x 25 w/:15 rest

#1 – side-kick 12

#2 – side-kick 6

#3,4 – fist drill

#5 – swim fast and powerful

#6 – swim maximum DPS (distance-per-stroke)

Kick: 9 x 50 kick w/:20 rest **(450 EN)**

Each 50 is at aerobic endurance (EN) level, except #3,6,9, which are at anaerobic threshold (THRESH) level.

Warmdown: **(200 REC)**

50 easy

4 x 25 on :35, drill

50 easy