Focus: Free Speed

Warmup: 200 ST, 200 FR, 100 DR

Tuneup:

3x 200’s: easy in the middle, hard in and out of walls. #1 and 3 are free. #2 is stroke.

5x 100’s: kick. #1, 3, 5, flutter. #2 and 4 dolphin. Hard in and out of walls for the first 3. Hard every 5 seconds for the last two.

Main Set:

Broken 200’s

1. 2x 200’s; pull first 100; 2nd is hard free
2. 200 @ 75%
3. 3x 200’s: hard kick in and out of walls. Easy in middle.
4. 200 @ 75%
5. 2x 200’s: pull first 100; 2nd is hard free
6. 3x 200’s: fast 50, rest :10, fast 50; rest :10, even faster 50; rest :10, fastest 50. Easy 50 recovery
7. 200 at 75%
8. 4x 200 I.M.’s.
   1. 1: fast first 100; rest for :10, finish
   2. 2: fast middle 100; rest for :5 after first and before last 25.
   3. 3: fast last 100; rest :10 before
   4. 4: fast first 50; rest :10, even faster last 50

warmdown ☺