Focus: Negative split and best stroke

Warmup: 200 free, 8x 75’s: kick, drill, swim

Tuneup:

* 5 minutes of mid pool 50’s (work on turns)
* 10x 50’s:
  + odds: easy down free, fast back free
  + evens: easy down stroke, fast back stroke

**Main Set #1: Free (ALL)**

- watch the time and know EXACTLY when you left and what time you got

* 12x25’s:
  + go 1-2 secs faster per set of 2 or hold the time
* 8x 50’s:
  + same
* 6x 100’s:
  + stop at the wall at the 50 for 5 secs (round up) and then GO
* 4x 200’s:
  + drop 4-5 per 200

at this point get into either a. stroke lanes or b. sprint lanes (do same workout above) or c. distance lanes

**Main Set # 2: Stroke**

* 12x 25’s:
  + each set of two gets faster
* 3x 100’s:
  + stop at the wall at the 50 for 5 seconds (round up) and then GO
  + easy 50 free or back or breast
  + repeat 5 times (time permitting)

**Distance:**

1. 500 free
   1. faster on the second and 4th 100
2. 5x 100’s free on a quick interval
   1. faster #’s 3 and 5
3. 500 free
   1. stop at the 250 mark for 10 seconds.. get your time and then GO
4. 5 z 100’s free:
   1. 90%, 80%, 85%, 90%, 100%