

A red dot on your back, filming, everything else blacked out

Tell me what would I see, how would that dot make progress A rubber band ball, lots of rubber bands  
skill? Bouncy? spurts? Does it ever stop?

but what does flow feel like, just whatever  
creates progress

Acceleration, Deceleration

2.16 | EISF

Thu Aug 13 '20 - 8:00 am 25 Yards

Default interval: 2:00 per 100

we've dissected now integrate

Puppet: Resistance Death

what happens to your red dot during

the heel lift to W

How fast can you get your Benton to fire  
the sound - S it

### #1 Together sets

Puppet ~~isn't~~ just a hands feet simultaneously  
raise, it's tipping the toe/tether just barely forward  
be you want to kick downhill, you want to  
get there before you fire the kick

0 yds 8:00 am

10:00 Snorkel Choice IN6



500 yds 8:10 am

3:00

(Quickly) Set the stage for the kick

Tilted streamline to tilted streamline, not breath to breath  
500 yds 8:13 am

1x

Wavy back to your streamline, hurry like you're missing the bus, like the train doors  
or shutting like you're about to  
miss your  
slight

8x 25s on :35 Breast Snorkel Drill IN8 [Snorkel Breast Kick Puppet to SpearW Pause to Kick Fire]

8x 25s on :35 Breast Drill IN8 [Breast Swim Pop-Pop-Pop to Puppet Timing (3rd Pop is the Shoot/  
Puppet) to SpearW Pause/Balance to Kick Fire for maximum distance]

900 yds 8:22 am

3:00

900 yds 8:25 am

1x

3x

1x 50 Fly Pull with Buoy and Snorkel 1:00 IN12

4x 25s Fly Pull with Paddles, Buoy and Snorkel on :35 IN12

12x 25s on :35 IN12 FlutterFly -> Fly Swim <-

1650 yds 8:42 am

3:00

1x

Hey. These are two versions of this set, the colors one & the <sup>fast</sup> easy one, they aren't the same  
they are two different brackets

★

1650 yds 8:45 am

3x 250s on 3:15 [200 at +:10 + 50 easy]

3x 200s on 2:40 [150 desc 1-3 so +:08, +:06, +:04 + 50 easy]

5x

2x 100 on 1:20 [at +:02]

1x 50 easy on 1:00

10x 100s on 1:25 [Going 50 RACE+ 50 easy, the 50 Race is as Fast as you can go]

Today	3x 3:00	:20	swim	7:00	are?
	3x 2:00	:20	10	1:00	
	3x 1:00	:20	11	1:00	
(Sink a wall)	3x :40	:20	12	:30	
	1x :40	:20	IN 12	just do it	here)
	2x :40	:20	12		
	1x :40	:20	SW 6		
	1x :40	:20	IN 12		
	1x :40	:20	IN 6		

As you catch gets soft, tighten these screws up  
" up the system up top

5250 yds 9:35 am

3:00

like when you're planting & parts start leaving the system?  
Don't let parts fall off

5250 yds 9:38 am

10x With Fins

2x 25s Fly on :30 [Overemphasize the UWDK]

1x 50 on 1:00 Fly -> UWDK FAST < [and when you need to come up and breathe do a stroke of Fly

and then switch to Backstroke

The ability to regroup to what you like or not deteriorate further  
is imperative to the 2nd 1/2 of your race

On the 200 swims get better bc of what you do between the 1:00 & 1:30 mark

at about :40 to a minute you smell the figs in the room

stay away from the tiger for :30 evade

### #1 Together totals:

6250 Yards - 9:58 am (1 hr 58 min) - stress: 290

then Sprint!

"Stupid" pains

:40 swims - Find the pain ASAP because the better you catch that pain sooner the better

1:00 swims - Feel yourself transferring energy systems, feel it continue is that as much pain as you can tolerate & can you handle more

Be Poised during the transfer, don't grind the gears