Senior 10/7/20 (Optional)

4 x 250 @ 4:00 100 swim – 50 head lead kick – 50 fist drill – 50 swim 1000/20min

16 x 25 @ :40 1-8 = free, 9-16 = specialty – odds = drill 400/10min

 evens = build

8 x 200 Add-A-B’s (specialty) 1700/25min

@ 2:30/2:40/2:50

 2:35/2:45/2:55

 2:40/2:50/3:00

 2:45/2:55/3:05

 2:50/3:00/3:10

 2:55/3:05/3:15

 3:00/3:10/3:20

\*1 = all free, 2-8 = add 25 fast specialty (last 200 = all fast)

1 x 100 smooth

6 x 150 @ 2:30 pull, 1 = hypox 3 900/20min

 2 = hypox 4

 3 = hypox choice

10 x 50 @ 1:00 kick, odds = on side – evens = on back 500/10min

1 x 200 smooth 200/5min

 4700 scm