Senior --- 10/8/20

1x {1 x 300 @ 5:00 swim 800/20min

{4 x 50 @ 1:00 up-kick-glide

{8 x 25 @ :40 1-4 = breast arms w/dolphin kick – 5-8 = breast, descend

{1 x 100 smooth

10 x 75 @ 1:40 kick, streamline on back – odds = add 2 fast dolphin (start at 4) 750/20min

evens = descend

4 x 250 @ 4:00 free, 200 4 fast dolphin, squeeze pull breathe, 50 fast 1000/15min

2x {1 x 200 @ 3:00 free, hold strong pace 900/15min

{1 x 50 @ :50 free, steady

{1 x 100 @ 1:30 free, controlled fast

{1 x 50 @ :50 free, fast

{2 x 25 @ :40 smooth

2x {2 x 50 @ 1:00 specialty, hold strong pace 900/20min

{1 x 50 @ 1:00 free, 2 breaths per 50

{3 x 50 @ 1:10 specialty, descend 1-3

{1 x 100 smooth (add 100 after round 2)

4350 scm