Wednesday 10/20

Active Rest Recovery

Dynamics 15Min

WU:

fins on

5x50 @ :50 1-SA breathe a way 25 RA 25 LA, 1 breathe towards 25 RA, 25 LA 1- popov , 1 touch and pull, 1 swim

400 @ 5:00 Free swim with paddles and fins

5x50 @ :50 25 arm lead dolphin 25 3K1P fly

4x100 @ 1:30 25 Fly swim 25 Free swim

Fins off

4x100 @ 2:00 breast 50 3K1P 50 2K1P

ARR:

4x400 @ 5:30/6:00/6:30

#1 100 IM 300 Free

#2 100 Free 100 IM 200 Free

#3 200 Free 100 IM 100 Free

#4 300 Free 100 IM

IM=FAST free = white to pink with 3-5 UWWK per wall

4x300 @ 4:15/4:30/4:45

150 Free 7 count breathing 75 Back FAST 75 free 5 count breathing

4x200 @ 3:00/3:15/3:30

50 200 pace +1

100 Free smooth

50 200 pace

:05 sec rest after 1st 50 and before last 50

Both 50s must be same stroke per 200. 50s choice stroke by 200

4x100 @ 2:00

25 AFAP from running dive 75 5 count breathing staying relaxed

Kick Set

Fins on:

500 @ 8:00 flutter with small board 5 UWWK per wall

4x200 @ 3:00

50 R side fish kick

50 head lead dolphin

50 streamline dolphin

50 L side fish kick

14x50 odds @ :40 evens @ :50 flutter or dolphin with a small boar

Coaches choice loosen.