Sunday July 18-Blue

300 free 4:30

150 kick 2:45

200 IM 3:15

4 x 25 :30-Round 1-Drill/Round 2-Variable sprint 2x

Everyone except Anthony

8-1/1-1 :20 rest

For all of the 1’s (25’s)-Alternate 3 all out cycles/25 @ 100 race pace

Kick

400-300-200 (:30 rest)

For each distance-1st and last 25 fast kick

150-125-100-75-50-25 (:10 rest)

\*For each distance-1st 25 @ 200 tempo/rest of distance-DPS

200 warm down

Anthony

Same warm up

4 x 300 free (5:30)-LOTS OF REST

1-Perfect technique

2-Negative Split (2nd half @ 80%)

3-Descend 100’s (80% on 3rd 100)

1:00

4-300 for time

Kick

400-300-200 (:30 rest)

For each distance-1st and last 25 fast kick

1:00

400 pull

150-125-100-75-50-25 (:10 rest)

\*For each distance-1st 25 @ 200 tempo/rest of distance-DPS

200 warm down