

About 2000 m – Lower Intensity

WARM UP (400m)

- 1) 100 FS
- 2) 100 CH Kick
- 3) 200 MIX...50 FS / 50 CH

STROKE REVIEW...mini (thematic) clinic with coach

SWIM (500m)

- 1) 4 X 50 FS Pace time: 1:30 min
- 2) 2 X 50 BK Pace time: 1:45 min
- 3) 2 X 50 BS Pace time: 1:45 min
- 4) 4 X 25 FLY Pace time: 1:00 min

KICK SET (450m)

PYRAMID + FINS R: 20s
50 BK / 100 FLY / 150 FS / 100 FLY / 50 BK

For Fly kick: 25 on back / 25 on front / 25 on RT / 25 on LT
...snorkels will help you focus during Fly and FS Kick portions

150's (450m)

3 X 150 R: 30s
100 FS/ 50 BK...focus on the Kick

COOL DOWN (100m)

100 CH EZ...

TOTAL MEGAmeters – 1900m + distance in stroke clinic