

All Swimmers

Thursday, 04/30/14

(TP) *Triathlon Pace* = Pace you would Begin your Triathlon/Long Distance Swim Event

Dolphins

Warm up (600 yards)

300 Swim Easy

200 Pull

100 I.M.

Set 1 (450 yards)

8 x 25's Sprint Free **on :30**

6 x 25's Sprint No Free, I.M. order **on :40**

4 x 25's Underwater Kick (alternate fly kick , breast kick)

Set 2 (875 yards)

150 yard free @ 80% effort

50 Ez | **3 min. rest**

75 yard all out

25 Ez | **3 min. rest**

150 yard free @ 90% effort

50 Ez | **3 min. rest**

75 yards @ 90% effort

25 Ez | **3 min. rest**

150 yard free all out

50 Ez | **3 min. rest**

75 yards @ 80% effort

Warm Down