

Warm Up EN1	20' x EKY x 1, 2, 3, 4	100 @ BBDPS, 200 @ 1OB, 300 @ 2OB, 400 @ 3OB
Sprint Set SP3	3 x (4 x <u>6 str</u> on 1:15) w/50 drill 50	3 sets of 4 repetitions of 6 strokes from push off, ALL OUT, NO BREATH; swim easy to the 50, restart on the 1:15; after 4 rep's, do a 50 drill of the week. See Basics
An. Threshold EN3 Intensity: 3 to 4 <u>OB</u>	30' x {(1 x 200 w/30" to 40" {(1 x 400 w/40" to 50"	Repeat 1x 200, 1x 400, until 35' finish. Observe the resting intervals.
Kick Set	20' x 200 w/20" Fins EY {b, s, b, s	200's w/20" rest until 15' finish
VO2max SP1 Intensity: 4 ½ to 5 ½ <u>OB</u>	12 x 50 on 1:30	Repeat 12x 50 leaving every 1'30" T or K or Y min. 45" rest.