

WEEK 6

GROUP WORKOUT FOCUS: MUSCLE ENDURANCE/ STAMINA

WARM-UP

300 FR
100 K
(400)

MAIN SET

8X100 FR R:20 take a extra 30 after 4. Try to cruise through these maintaining the same time. Don't go out to fast and beat yourself up!
12X50 odds BA/FR & BR/FR R :30- 40 max
evens FR FAST
(1800)

COOL DOWN

200 PULL
100 K no/BRD

TOTAL = 2100

DAY 2 (WEEK 6)

REPEAT WARM-UP AND COOL DOWN

MAINSET

1X200 odds- 75 FR/ 25 Choice R 1:00
evens- all FR, DPS on even 25s
2X50 K ON 1:30
1X300 FR EASY- MODERATE PACE R 1:00
2X50 K ON 1:30
1X400 75 FR/25 CHOICE (choice can be free)
2X50 K
2 X 225 FR R :30

TOTAL = 2350

DAY 3 (WEEK 6)

WARM-UP

200 choice
6X50 FR (25 DR, 25 S)
(500)

MAIN SET

8X FR100 R :10-15 @ 100 R 1:00 after 8
3X100 BA/BR X 25s R :10- 15 R 1:00 after 3
4x200 FR R :10-15 R 2:00

COOL DOWN

CHOICE (add some drills for skills you need to work on)

DAY 4 (WEEK 6)

**REPEAT YOUR FAVORITE WORK-OUT SO FAR.
FOCUS ON BILATERAL BREATHING!**

ADD

4X225 FR R :30 (PULL BUOY ON EVENS optional)

