

MONDAY			TUESDAY			WEDNESDAY		
500	WARM UP	500	400	WARM UP	400	400	WARM UP	400
10X 100	ALT PULL / KCK W/ FINS & PADDLES. NO R.I.	75% 1000	500	ALT 50 FR / BCK. LONG STROKE	75%	500	1500	FR 85% 1500
3X 500	FR. 30s R.I.	85% 1500	800	FR	85%	800		
			400	FR HARD		400	2X 200	FR <2:50 @3:30 >90% 400
10X 100	FR F&D - DON'T WORRY @1:50	1000	500	ALT 50 FR / BCK. LONG STROKE	75%	500	10x 75	ALT PULL / KCK. F&D 30s R.I. 750
ABOUT WHAT YOU BRING THEM HOME IN, JUST ALL-OUT			800	FR	85%	800	FINS & PADDLES.	PRESS THE LACTIC BURN
100s.			400	FR HARD		400		
500	FR	75% 500		30s R.I. BETWEEN EACH		1500	FR	75% 1500
500	WARM DOWN	500	500	FR	75%	500		
			700	WARM DOWN		700	500	WARM DOWN 500
		5000				5000		5050
THURSDAY			FRIDAY			SATURDAY		
400	WARM UP	400	400	WARM UP	400	500	WARM UP	500
8X 25	HYPOXIC - NO BREATH @1min	200	16X 100	ALT PULL / KCK W/ FINS & PADDLES. NO R.I.	75% 1600	400	KCK - 4TH HARD	75% 400
800	FR	85% 800				400	PULL - BREATHE PER 3,4	75% 400
1000	FR	75% 1000	3X 400	FR. 30s R.I.	85% 1200			
800	FR	85% 800				5X 200	FR <2:50 @3:30 >90% 1000	
	30s R.I.		8X 100	FR F&D - DON'T WORRY @1:45	800	10x 75	ALT PULL / KCK. F&D 40s R.I. 750	
1000	FR	75% 1000		ABOUT WHAT YOU BRING THEM HOME IN, JUST ALL-OUT			FINS & PADDLES.	
			300	FR	75% 300	1500	FR.	85% 1500
700	WARM DOWN	700	700	WARM DOWN	700	500	WARM DOWN	500
		4900			5000			5050