

Thursday 4-4-02

400 Swim

200 SA Drill (see sheet)

400 Kick

200 SA Drill (see sheet)

Circuit x 5

x 4

x 3

100 SA Swim 15 Rest

25 SA Drill (sheet order) 10 Rest

50 Sprint 20 Rest

25 SA Drill (sheet order) 10 Rest

400 – 300 – 200 – 100

30 Sec Rest

Same stroke – Same pace

100 EZ