

## **Descending 50s: 1 Hour Workout**

6 x 100 1-free, 1-back

8 x 75 Choice kick/drill/swim

12 x 25 Choice: 1 build, 1 dps

2 Sets of: 12 x 50s

Set 1: Free – 4 @ 1:00, 4 @ :50, 4 @ :45

200 back smooth

Set 2: Choice – 4 @ 1:05, 4 @ :55, 4 @ :50

200 back smooth

**Distance: 90 Minutes**

**(4500m)**

6 x 250 k/s/d/s/s, 2 free, 2 stroke, 2 free

10 x 50 Free: 1 side kick/sw, 1 strmk/sw

3 x 300: 1 Free, 1 IM, 1 Free

3 x 100 Free: Desc 1-3

3 x 200: 1 Choice, 1 Free, 1 Choice

3 x 100 Free: Desc 1-3

8 x 50 Choice with fins: drill/swim

## Speed: 1 Hour

3 x 200 Free

5 x 100 Stroke/IM

8 x 50 Kick, Desc 104

12 x 25 Stroke: 1 Blast, 1 dps, 1 Fast, 1 dps

3 x 100 IM Dr/Sw

8 x 25 Choice, Desc 1-3 to max effort

3 x 100 Back Dr/Sw

4 x 25 Free: 1 Fast, 1 dps

3 x 100 Choice Drill/sw

## Pace 90 Minutes

2 { 2 x 200 Free  
2 x 150 IM, no free

8 x 75 Pull: 3 Norm, 3 pb low, 2 Norm

12 x 50: 1 Kick, 1 Fly, 1 Free (desc kick 1-4)

2 Sets: 8 x 100 Free, 6 x 50 Stroke Dr/SW

Set 1: 6 @ 1500 pace, 2 @ 400 pace

Set 2: 4 @ 1500 pace, 4 @ 400 pace