

March 14

Π Day

3 x 100 stretch

1 x 100 kick on side

4 x 100 IM order kick/RA/LA/Full

1 x 100 breathe every 7

5 x 100 back @ 1:45 – 2:00

9 x 100 free @ 1:20 – 1:30

2 x 100 fly/back breast/free

6 x 100 @ 1:30 – 1:40

5 x 100 Texas/Tarzan rest 10 seconds

3 x 100 kick rest 10 25 pace/50 push/25 pace

5 x 100 @ 1:45 – 2:00 breathe every 3-5-7-5-3 by 100's

8 x 100 IM @ 1:45 – 2:00

9 x 100 back or breast @ 1:45 – 2:00

7 x 100 kick @ 1:45 – 2:00

9 x 100 @ 2:00 3,3,4,NB

3 x 100 drill/swim rest 10