

## Suggested Swims for the Weeks of May 26<sup>th</sup> & June 2<sup>nd</sup>



### *New! Suggested Max Speed Sets*

**Can be incorporated into swims sent last week.**

**(New Max speed set suggestions will be sent every two weeks working toward decreasing distance and increasing quality)**

#### **Max speed Set #1**

3-4 Rounds of (3x25 + 25 + 50)

- 3x25 - max speed (all choice)
- 25 - ez free
- 50 - 1st 25 (free - 0-2 breaths) 2nd 25 (max speed - choice)

#### **Max speed Set #2**

10x25 Free

- (2) 1st 6 strokes max speed and no breath
- (2) 1st 8 strokes max speed and no breath
- (2) 1st 10 strokes max speed and no breath
- (2) 1st 8 strokes max speed and no breath
- (2) 1st 6 strokes max speed and no breath

**\*\*after stroke # and no breath - ez free\*\***

Warm down.....200 yds

4 x 50 1:00.....