SPRINT 75's

Warm Up
1 x 150 Flutter Kick on Back
1 x 150 Flutter Kick on Side
1 x 150 Double arm back/position 11 catch up
1 x 150 Position 11 catch up w/zip drill @ balance point

Main Set
12 x 75 broken to turn or finish:

1. 25 @ race pace with 5 second rest
2. 25 on 80% of race pace w/5sec rest
3. 25 on 80% of race pace w/20 sec rest
4. 10 minutes sprint turns in the hat (from the flags to wall to breakout w/2 stroke cycles)

(EX: 25 on 10.50 w/5sec rest—25 on 12.5 w/5sec rest ---25 on 12.5 w/20sec rest then repeat x 11)
2 x 50 sprint @ race pace on 5 minutes per 50. Recovery w/flutter kick on back (Weeks 1-3)
4 x 50 sprint @ race pace on 3 minutes per 50. Recovery w/flutter kick on back (Weeks 4-6)
6 x 50 sprint @ race pace on 2 minutes per 50. Recovery w/flutter kick on back (Weeks 7-9)
4 x 50 sprint @ race pace on 3 minutes per 50. Recovery w/flutter kick on back (Weeks 10-13)

Warm down
400 easy choice kick on back

Week 1-3 Complete the above workout as scheduled
Week 4-6 Reduce rest between 75's to 15 seconds
Week 7-9 Reduce rest between 75's to 10 seconds
Week 10-12 Change from broken 75's to full 75's with 10 second rest. In weeks 12 and 13

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