

Aerobic FREE - Carroll	
2x	
1x300 @:20; 25 scull / 25 Human / 25 Catch-up / 75 Choice Swim	
4x50 @:10; 25 Speed Position Kick / 25 SL (4 E UW Kicks)	
3x100 @:10; 50 Drill / 50 Swim IMO (No Free)	
4x75 @:10; 50 Stroke CH / 25 Fast Kick	
	2100
6x50 @:37.5/:40; FR Swim, Flip Touch 3+6	
2x175 @2:20/2:30; Slight Descend on Each; Extra @1:00	
8x50 @:37.5/:40; FR Swim, Flip Touch 4+8	
2x175 @2:10//2:20; Slight Descend 1-3, Hold #4; Extra @1:00	
10x50 @:37.5/:40; FR Swim, Flip Touch 5+10	
2x175 @2:00//2:10; How Close Can you Be to your 200 Time??	
	2250
Fins	
1x500; DKOB - 2/4/6/8 UW by 25, Des. 25	
	500

FREE Threshold - Carroll	
Choice Warmup (1000-1500)	
Main Set:	
4x125 @1:45; Threshold Race Efforts (Broken 500 Feel)	
3x100 @1:30; AER REC; 50 FR/50 BK	
5x50 @:45/:50/1:00; FR or Choice; MAX; Faster than Threshold!	
RD 2 = instead of 4x125...5x100 @1:30; RD 3 = 10x50 @:50	
	3000

Lactate (Warmup in Well) - Carroll	
200 Loosen	
2x200 Free Kick in SL with Snork (2 Strokes Max in Walls, Focus on Fast Turns and Line	
4x25 @:40 Power Push Free Kick in Fast Free Swim W/ Flip Touch, No Brth	
	600
2x (In Well)	
3x100 @1:20 FR; Des 1-3	
4x25 @:30 Fins; 1 Build, 1 MAX, 1 Cruise, 1 MAX	
Switched to Big Pool	
4x50 @:55 Kick with Board Effort, Des. 1-4	
	1000
3x	
3x200 @3:00; Des. 1-3 To Fast! White pink Red+	
3x75 @3:00; MAX from Dive + 1x25 to get back to Wall	
3x25 @:45; MAX; RD1: NE, RD2: Fins, RD3: F+P	
1x75 AER REC	
	3000
1x200 WR	
	4800

Kick/Threshold - Carroll	
2x Warmup	
1x400 @6:00; 75 Brth R, 75 Brth L FR, 50 Back Swim 4,6 UW Kicks	
4x75 @1:50; Steady Free Kick, 2 with Snork / 2 with Board	
4x50 @:55; Paddles, 25 Single Arm Free / 25 Catch-up with Overkick	
6x25 @:35; Odd DKOB, Even UW Kick Fast (RD 2 With Fins)	

	2100
Main Set	
2x100 @1:50; FR Kick with Board; HBA by RD	
2x100 @1:40; 25 SL Kick / 25 DKOB / 50 FR Kick All Race Effort, W/ Fins	
4x100 @1:30; 1 - Build, 1 - Threshold	
2x50 @1:00 AER REC	
	900
4x100 @1:55; FR Kick with Board; HBA by RD	
4x100 @1:40; 25 SL Kick / 25 DKOB / 50 FR Kick All Race Effort, W/ Fins	
3x100 @1:30; 1 - Threshold, Build, 1 - Threshold	
2x50 @1:00 AER REC	
	1200
6x100 @2:00; FR Kick with Board; HBA by RD	
6x100 @1:40; 25 SL Kick / 25 DKOB / 50 FR Kick All Race Effort, W/ Fins	
2x100 @1:30; 1 - Build, 1 - Threshold	
2x50 @1:00; AER REC	
	1500
300 WD (6000)	

Dryland / Swim Combo! - Carroll	
200 Loosen + 200 Kick	
8x 25 @ 50	
Odd - Swim + 5 Streamline jumps	
Even - Swim + 5 Tricep push	
10 rounds @ 5:00	
100 Swim Threshold	
5 Burpees	
20 Sit ups	
15 Push ups	
100 Max Kick	

200 Ez kick
12x 25 @ 30 - Fins + Snorkel
1. Streamline 2. Right Arm 3. Left Arm 4. Balance
12x 25 @ 30 - Fins + Snorkel
1. 3 DK + 4 Kick + 1 Pull, 2 Pull, 3 Pulls...
200 Ez kick

John Carroll