

Focus: 100's Kick+100 IM's Sprint 3/31-4/1

Warm up

200 Swim + 200 Kick R:15"
4 x 50 Odd Back/Even Breast Distance off Walls
16 x 25 Odds Sprint/Evens Ez (800)

100 kick + Fast IM's

1 x 100 Kick	@2:00	
1 x 300 IM Fast	record time	
2 x 100 Kick	@2:00	
1 x 200 IM Faster	record time	
3 x 100 Kick	@2:00	
1 x 100 IM Fastest	record time	
1 x 200 EZ Swim	@4:00	
4 x 100 IM Race Pace	@base + 30"	(1,400)

Cool Down: (5:40)

1 x 300 Ez Recovery