

Focus: Descends Free and Non-Free

Monday 3/8, Tuesday 3/9

Warm up

| | | |
|------------------------|------|-------|
| 300 Choice | R:15 | |
| 100 Kick | R:15 | |
| 4 x 50 IMO Kick & Swim | R:15 | |
| 8 x 25 descend 1-4/5-8 | R:10 | |
| 1 x 50 Ez Choice | | (850) |

Descends non-free/free

| | | |
|--|----------------|---------|
| 1 x 400 IM moderate effort | 6:00/7:00/8:00 | |
| 4 x 100 Free descend to 100% | 1:30 | |
| 8 x 50 Best Non-Free <i>descend 1-4/5-8 to 100%</i> | 1:00/1:15/1:30 | |
| 16 x 25 Free <i>descend 1-4/5-8/9-12/13-16 to 100% effort</i> | :30/:40/:50 | |
| | | (1,600) |

Cool down: 4:40pm

1 x 300 EZ Choice