

Focus: Fast IM's and EZ Free

FriYay 3/19

Warm up

200 Swim + 200 Kick + 100 Pull

6 x 25 Odd Breast Kick/Even Flutter Kick R:15

6 x 25 Choice descend 1-3/4-6 R:10

1 x 50 Ez Choice (850)

Fast IM Transitions & EZ Free!

4 x 100 *IM streamline into & out of walls* R:20

1 x 200 Ez Free R:20

3 x 100 *IM Descend* @ base +:20

1 x 200 Ez Free R:20

2 x 100 *IM #2 Fast* @ base +:20

1 x 100 Ez Free R:20

1 x 100 *FREE or IM RACE Pace* (1500)

Cool down: (5:40)

1 x 300 Choice