

Focus: IM and Kick

Wednesday 3/10, Thursday 3/11

Warm up

200 Choice	R:15	
200 Kick	R:15	
200 Pull	R:15	
8 x 25 Odd Fast/Even Breast Kick	R:10	
1 x 50 EZ		(850)

100's Kick Descends + IM's FAST

1 x 100 Kick	2:00/3:00	
2 x 100 IM	3:30 <i>Build</i>	
2 x 100 Kick #2 <i>faster</i>	2:00/3:00	
2 x 100 IM	3:30 <i>Build</i>	
3 x 100 Kick <i>descend</i>	2:00/3:00	
2 x 100 IM	3:30 <i>FAST</i>	
4 x 100 Kick <i>descend</i>	2:00/3:00	
2 x 100 IM	3:30 <i>FAST</i>	(1,800)

Cool down: 4:40

1 x 300 Choice