

## Focus: 100's Moderate to Fast

4/12-4/13

### Warm up:

200 Swim + 200 Kick	R:15"	
4 x 50 IMO-25 kick+25 build	R:15"	
8 x 25 Descend 1-4/5-8	R:15"	(800)

### 100's Moderate + Fast:

4 x 100 IM		
	@ 1:45>1:40>1:35>1:30/2:00>1:55>1:50>1:45	
1 x 100 EZ	@2:00/2:15	
1 x 200 IM FAST	@3:30/4:00/4:30	
1 x 100 EZ	@2:00/2:15	
4 x 100 Free		
	@1:30>1:25>1:20>1:15/1:55>1:50>1:45>1:40	
1 x 100 EZ	@2:00	
1 x 200 Free FAST	@3:00/3:30/4:00	
1 x 100 EZ	@2:00	
4 x 100 IM		
	@ 1:45>1:40>1:35>1:30/2:00>1:55>1:50>1:45	
1 x 100 EZ	@2:00/2:15	
1 x 200 IM FAST	@3:30/4:00/4:30	
1 x 100 EZ	@2:00/2:15	(2400)

### Cool down

3 x 100 Choice	(3550)
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