

## Focus: Building Open Water Training 4/7-4/8

### Warm Up:

3 x 100 75 Ez Swim/25 Build R:10"  
4 x 75 Free DPS R:10"  
4 x 50 Kick Choice (800)

### Main:

5 x 100 Free Cruise Pace R:10"  
1 x 150 Free 50 Fist/100 Fly Kick on back R:20"  
4 x 100 Free Build R:10"  
1 x 150 Free 50 Fist/100 Fly Kick on back R:30"  
3 x 100 Free Descend R:10"  
1 x 150 Free 50 Fist/100 Fly Kick on back R:40"  
2 x 100 Free Fast R:10"  
1 x 150 Free 50 Fist/100 Fly Kick on back R:40"  
(2,000)

### Cool Down:

1 x 150 Free, EZ, Stretch and Loosen R:20"  
1 x 150 Alternate Back arm Free by 25's R:20"  
1 x 100 Free EZ