

Focus: Descending Repeats

Tuesday & Friday

Warm Up:

200 Swim - Odd 25's Free/Even 25's finger tip drag

200 Kick - Odd 50's Free/Even 50's Breast

200 Pull - DPS

8 x 25 - Fast Free/Ez Fly or Breast (800)

Main: (pull optional)

4 x 200 Free Descend @ base :15 or R:20

1 – DPS, 2-4 Descend to Sprint (800)

8 x 50 “Red Bull” Kicks at Backstroke Flag into Turn

1-4 Free

5-8 Non-Free Choice (400)

8 x 100 Stroke Choice @ base +:10 or R:10

1-4 Descend to Fast

5 EZ Recovery

6-8 Descend to Sprint (800)

Warm Down:

1 x 200 EZ Recovery, Stretch, Scull