

Focus: Long Warm Up - Free & NonFree 5/19-20

WarmUp: (1,600)

2 x 400 Swim Mix - 75 Free +25 (IMO)

2 x 100 Odd 100 Free + Even 100 Pull

4 x 50 Kick :50 fins, descend - WU legs

Free & NonFree Mix: (1600)

2 x 200 @3:45/4:00

50 (IMO) + 100 Free DPS + 50 (IMO)

1 x 100 EZ Recovery Choice @2:00

2 x 200 @3:30/3:45

50 NonFr + 50 Free + 50 Free DPS + 50 NonFr

1 x 100 EZ Recovery Choice @2:00

4 x 50 Kick IMO @1:15/1:30

8 x 50 Pull paddles & buoy @ :50/:60

CoolDown: (300)

25 Free + 50 Free B3 + 75 Free B5

75 Free B5 + 50 Free B3 + 25 Free