

Focus: Repeats Kick, Race, EZ

5/14/2021

Warm up (750)
300 Swim + 100 Kick + 100 Pull R:15
8 x 25 Descend 1-4 Free/5-8 Stroke R:10
1 x 50 EZ Choice R:60

Repeats: Kick build, Race, EZ (1,200)
100 K-fly *build* + 100 Fly RACE *Base Pace* +:15
1 x 100 EZ 2:00
100 K-back *build* + 100 Back RACE *Base Pace* +:15
1 x 100 EZ 2:00
100 K-breast *build* +100 Breast RACE *Base Pace* +:15
1 x 100 EZ 2:00
100 K-free *build* +100 Free RACE *Base Pace* +:15
1 x 100 EZ 2:00

Round Two: (1,400)
200 Kick *build* + 100 *best stroke* *Base Pace* +:30
1 x 200 EZ 4:00
200 Kick *build* + 100 *back or breast* *Base Pace* +:30
1 x 200 EZ 6:00
200 Kick *build* + 200 IM *Base Pace* +:30

Cool down (6:05 pm)

EZ Swim, Scull, Lengthening, Kick, Stretch,