

## Base: Descend DPS and Speed Training

Friday

### Warm Up:

200 Free every 4th 25 breast stroke R:10"  
150 Kick R:10"  
150 Pull R:10"  
4 x 50 Choice 25 Non-Free DPS/25 EZ Free (700)

### 1x thru: Descend DPS & Speed

2 x 100 Free Descend DPS R:10"  
2 x 100 Non-Free Descend DPS R:15"  
2 x 50 Free Descend DPS R:10"  
2 x 50 Non-Free Descend DPS R:10"  
(600)

### 1x thru:

200 Kick - 50 Ez + 25 Sprint R:10"  
200 Pull - every 4th 25 back stroke R:10" (400)

### Cool Down: (5:50pm)

3 x 100 Free R:10"  
every 3rd length sculling drill