

Focus: Descend DPS and Speed Training

Friday

Warm Up:

300 Free every 4th 25 breast stroke R:10"
200 Kick R:10"
200 Pull R:10"
4 x 50 Choice 25 Non-Free DPS/25 EZ Free (900)

1x or 2x thru: Speed, Fast Turns & Descends

6/4 x 50 Free Build Turns @ Base +:15"
6/4 x 50 Non-Free Build Turns @ Base +:20"
3/2 x 50 Free Descend @ Base +:10"
3/2 x 50 Non-Free Descend @ Base +:10"
(1,800/1,500/900)

1x thru:

300 Kick - 50 Ez + 25 Sprint R:10"
200 Pull - every 4th 25 back stroke R:10" (500)

Cool Down: (5:55pm)

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