

FAST IM and EASY FREE

Monday & Tuesday

Warm up: Choice & Mix Strokes (800)

300 Swim + 100 Kick + 4 x 50 IMO R:15"

8 x 25 Choice descend 1-4/5-8 R:10"

BackStroke Drill: 5:10-5:20pm

FAST IM, plus EZ FREE:

4 x (4 x 25) IMO FAST	@:30"	
1 x 200 Ez Swim	R:30"	
2 x (4 x 50) IMO FAST	@:60"	
1 x 200 Ez Swim	R:30"	
4 x 100 IM FAST	@2:00	
1 x 200 Ez Swim	R:30"	(1800)

Bonus Set:

2 x 200 IM FAST	@4:00	
1 x 200 Ez Choice	R:30"	
1 x 400 IM FAST	Timed	(1000)

Cool Down: (5:55pm)

300 Choice