

## Focus: Aerobic Free and Back

Friday

### Warm Up:

200 Free

200 Kick

200 Pull

(600)

### Odd Set Free/Even Set Back

4x (4 x 25) R:10

1x 25 Fist Swim

1x 25 Right Arm Free/Back

1x 25 Left Arm Free/Back

1x 25 Perfect Free/Back Match DPS

(400)

### Aerobic Set: (Swim til 5:45pm)

8 x 25 Free/Back @ base or R:05

1 x 200 Free 65% @ base +:30 or R:20

4 x 50 Free/Back @ base +:10 or R:10

1 x 200 Free 75% @ base +:30 or R:20

2 x 100 Free/Back @ base +:15 or R:15

1 x 200 Free 85% @ base +:30 or R:20 (1200)

### Timed Swim: (5:45)

400 Timed Swim

Cool Down: 1 x 200 EZ