

Friday: 200's

WarmUp

4 x 150 SKiPS (Swim, Kick, Pull, Swim) (600)

Drill 2x thru:

4 x 50 Choice @:50/:55/:60
R1 Free Descend 1-4
R2 RIMO (400)

2x or 1x thru:

2 x 200 Free- Build to fast finish @3:30/4:00
2 x 100 Fast @1:30/1:50
4 x 50 Odds Fast/Even Ez @:55/:60
8 x 25 Fast - @:45
Odds Fast NonFree/Evens EZ Free
(2,000/1,000)

Cool Down Choice: (5:55)

25 Free/50 Free B3/75 Free B5/
75 Free B5/ 50 Free B3/25 Free (300)

- or-

3 x 150 RIMO (no fly) (50 kick, 50 fist, 50 swim)
(450)