

Base: Descending 100's

Friday

Warm up

200 Choice Swim + 200 Choice Kick	R:15"	
4 x 50 Pull	R:15"	
8 X 25 Choice descend 1-4/5-8	R:10"	(800)

Descending 100's

4 x 100 Free	R:10"	
descend last 100 to 85% effort		
1 x 100 Ez Choice	2:00	
3 x 100 Breast	R:15"	
descend last 100 to 85% effort		
1 x 100 Ez Choice	2:00	
2 x 100 Back	R:10"	
descend last 100 to 85% effort		
1 x 100 Ez Choice	2:00	
4 x 25 Fly	R:20"	
1 x 100 Ez Choice	2:00	(1,400)

Cool down (5:55)

300 Ez Choice