

Base: Swimming Faster

Friday

Warm Up:

200 EZ Free

4 x 50 Kick Mix

4 x 50 Odds - Long Dog Paddle, Evens - DPS (600)

2x thru: Kick (re-group 5:15)

25 fast+25 Ez+25 fast+25 Ez R: 10" (200)

2x thru: Strong Kick R:10"

1 x 100 Back, R:30", 2 x 100 Free (600)

1x thru: watch your time on 50's

1 x 100 Pull R: 60"

4 x 50 Free R: 10"

1 x 100 Pull R: 60"

4 x 50 Back R: 10" (600)

Cool Down: 200 EZ Choice