

Focus: Descending 100's

Friday

Warm up

300 Choice Swim + 100 Choice Kick	R:15"	
4 x 50 IMO - 25 drill+25 build	R:15"	
8 X 25 Choice descend 1-4/5-8	R:10"	(800)

Descending 100's

5 x 100 Free Base +:10"
 descend last 100 to 100% effort

1 x 100 Ez Choice 2:00

4 x 100 Breast Base +:15"
 descend last 100 to 100% effort

1 x 100 Ez Choice 2:00

3 x 100 Back Base +10"
 descend last 100 to 100% effort

1 x 100 Ez Choice 2:00

2 x 100 Fly Base +20"
 #2 @100% effort

1 x 100 Ez Choice 2:00

1 x 100 IM RACE (1,900)

Cool down (5:55) 300 Ez Choice