

# Focus: ESP (Endurance, Strength, Power)

Monday & Tuesday

## Warm Up:

200 Choice Swim + 200 Kick + 200 Pull

8 x 25 Fast Non-Free/Ez Free :30/:40 (800)

## 5x thru: Power Set (re-group 5:15)

Fartlek Kicks -

20" Strong + 20" All Out + 20" Strong

1 x 50 Ez Recovery - Repeat above (200+)

## 4x thru: Strength (re-group 5:30)

3x 50's "Golf" DPS + Time

Vertical Kick Choice - ~30" Ez Recovery

Repeat above (600+)

## 1x thru: Endurance

1 x 200 @base +:05

1 x 300 @base +:10

1 x 400 Timed (900)

## Cool Down: (5:55)