

Focus: Swimming Faster

Friday

Warm Up:

200 EZ Free

4 x 50 Kick Mix

4 x 50 Odds - Long Dog Paddle, Evens - DPS

4 x 50 IMO - 25 Kick (no board) + 25 Swim (800)

4x thru: Kick (re-group 5:15)

25 fast+25 easy+25 fast R: 10" (300)

3x thru: Fast Pace,

Base +:05

1 x 100 IM, Rest 30", 2 x 100 Free (900)

1x thru:

1 x 200 Pull - Moderate Pace R: 60"

4 x 50 Free Fast R: 10"

1 x 200 Pull - Moderate Pace R: 60"

4 x 50 IMO Fast R: 10" (800)

Cool Down: 200 EZ Choice