

Focus: 200's Build + Sprint Shorter Sets Monday

Warm up

200 Swim

200 Kick

8 x 25 descend 1-4/5-8 (600)

200's Build + Sprint Shorter Swims

8 x 25 FAST	@:30/:40/:50	
1 x 50 EZ Swim	@ 1:00/1:30	
1 x 200 Build	@ 3:30/4:00/4:30	
4 x 50 FAST	@ 1:00/1:15/1:30	
1 x 50 EZ Swim	@ 1:00/1:30	
1 x 200 Build	@ 3:30/4:00/4:30	
2 x 100 FAST	@ 2:00/2:30/3:00	
1 x 50 EZ Swim	@ 1:00/1:30	
1 x 200 Build	@ 3:30/4:00/4:30	
1 x 200 FAST	@ 4:00/4:30/4:45	
1 x 50 EZ Swim	@ 1:00/1:30	
1 x 100 Build	@ 1:45/2:00/2:15	
4 x 25 SPRINT	@ :30/:40/:50	
1 x 50 EZ	@ 1:00/1:30	
1 x 100 Build	@ 1:45/2:00/2:15	
2 x 50 SPRINT	@ 1:00/1:30/1:45	
1 x 50 EZ	@ 1:00/1:30	
1 x 100 Build	@ 1:45/2:00/2:15	
1 x 100 FAST	@ 2:00/2:30/3:00	(2,300)

Cool down: 200 EZ Recovery, Sculling