

# Focus: Aerobic Free and Back

Monday

## Warm Up:

200 Free

200 Kick

200 Pull

(600)

## Odd Set Free/Even Set Back

4x (4 x 25) R:10

1x 25 Fist Swim

1x 25 Right Arm Free/Back

1x 25 Left Arm Free/Back

1x 25 Perfect Free/Back Match DPS (400)

## Main:

8 x 25 Free/Back @ base or R:05

1 x 200 Free 65% @ base +:30 or R:20

4 x 50 Free/Back @ base +:10 or R:10

1 x 200 Free 75% @ base +:30 or R:20

2 x 100 Free/Back @ base +:15 or R:15

1 x 200 Free 85% @ base +:30 or R:20

(1200)

**5:50pm:** 400 timed swim

1 x 200 EZ Cool Down