

Focus: Broken 400's -Controlled Effort

Tuesday

Warm Up:

200 Swim

200 Kick

200 Pull (600)

16 x 25 @ base -:05 or R:05 (400)

Odd 25 Breast or Fly/Even 25 Free or Back

Broken 400's:

8 x 50 @ base or R:10

25 Fist Swim/25 Swim (400)

4 x 100 @ base +:10 or R:10

75 Free/25 Best Non-Free Fast (400)

2 x 200 Fin Kick R:15

Negative Split (400)

1 x 400 BEST EFFORT (400)

Cool Down:

1 x 200 EZ Choice (200)