

## Focus: 3 Endurance Blocks

Friday

### Warm Up:

300 Swim

300 Pull - Alternate 75 Free/25 Back (600)

### 4x thru Vertical Kick Sprint:

30 second Strong Vertical Kick

25 Swim Sprint - IMO

50 Ez Back Swim (300+)

### 2x thru:

1 x 200/150 Swim with fins R: 10"

1 x 200/150 Pull B3-B5-B7 R: 10"

1 x 200/150 Swim R: 10" (1200/900)

### 1x thru: Pyramid Swim Non-Free R:5"-20"

75 - 100 - 150 - 200 - 150 - 100 - 75 (850)

### Cool Down:

200 EZ Choice