

Focus: Fast IM's and EZ Free

Friday

Warm up

200 Swim	R :15	
200 Pull	R :15	
4 x 50 Odd Breast Kick/Even Kick	R:15	
8 x 25 Choice Odd Fast/Even Ez	R:10	(800)

RACE SWIMS!

Time Blocks

4 x 100 <i>IM build each one</i>	10:00	
1 x 500 Ez Free	9:00	
3 x 100 <i>IM Descend</i>	7:00	
1 x 300 Ez Free	6:00	
2 x 100 <i>IM #2 Fast</i>	3:00	
1 x 100 <i>FREE RACE Pace</i>	1:30	(1800)

Cool down: 5:55

1 x 300 Choice