

Focus: Free & IM Pyramid

Friday

Warm up: R:15

200 Swim

200 Kick - Odd 50's Breaststroke Kick

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

Free + IM Pyramid:

(Choice: start at 500 or 400 level and repeat up)

1 x 500 @7:30/8:00/10:00

(200 free + 100 IM + 200 free)

1 x 400 @6:30/7:00/7:30

(150 free + 100 IM + 150 free)

1 x 300 @5:30/6:00/6:30

(100 free + 100 IM + 100 free)

1 x 200 Choice @4:00/4:30/5:00

(50 free + 100 IM + 50 free)

(Repeat back up pyramid) (2,800/1,400)

Cool down

200 Choice