

## Focus: Fast Swims

Monday

### WarmUp:

- |                                       |       |       |
|---------------------------------------|-------|-------|
| 1 x 500 SKIPS                         | R:10" |       |
| (100's: swim, kick, 'IM', pull, swim) |       |       |
| 4 x 75 RIMO                           | R:10" |       |
| (50 kick, 25 swim)                    |       | (800) |

### Fast Swims:

- |                          |             |         |
|--------------------------|-------------|---------|
| 3 x 100 Kick - fins      | @1:50/2:00  |         |
| 3 x 50 Fast Free - fins  | @:45/1:00   |         |
| 1 x 200 Free             | R:20        |         |
| 3 x 100 Free Descend     | @base + :20 |         |
| 1 x 150 fins and paddles | R:20        |         |
| 3 x 100 Free Descend     | @base + :15 |         |
| 1 x 100 fins and paddles | R:20        |         |
| 3 x 100 Free Descend     | @base + :10 |         |
| 1 x 100 Non-Free         | R:20        |         |
| 2 x 100 Free Descend     | @base + :05 | (2,100) |

### Timed Swim

- |                          |       |
|--------------------------|-------|
| 1 x 200 or 100 Free Fast | Timed |
|--------------------------|-------|