

# Focus: Strengthening All Strokes

Friday

## Warmup

1 x 300 Swim @5:00  
4x thru: R-IMO R:15"  
30" vertical Kick >25 sprint >Ez 50 Free (600+)

## Strengthening:

100 Free + 75 Free + 50 Free @base  
3 x 25 Free @:30  
1 x 50 Free Recovery @1:30  
100 Breast+75 Breast+50 Breast @base +20"  
3 x 25 Breast @:40  
1 x 50 Free Recovery @1:30  
100 Back + 75 Back + 50 Back @base +15"  
3 x 25 Back @:30  
1 x 50 Free Recovery @1:30  
100 Fly + 75 Fly + 50 Fly @base +20"  
3 x 25 Fly @:40  
2 x 50 Free Recovery @1:30 (1,450)

9 x 50 Free

1-3 breathing 3-5-7 by 50; or 25's

4-6 free descend (#6 sprint); 7-9 RIMO no fly