

Focus: 100's Moderate to Fast

Thursday (Noon) & Friday (AM)

Warm up:

200 Swim + 200 Kick	R:15"	
4 x 50 IMO-25 kick+25 build	R:15"	
8 x 25 Descend 1-4/5-8	R:15"	(800)

100's Moderate + Fast:

1 x 100 Fist Swim - IMO

4 x 100 IM

@ 1:45>1:40>1:35>1:30/2:00>1:55>1:50>1:45

1 x 100 EZ Choice @2:00/2:15

1 x 200 IM FAST @3:30/4:00/4:30

1 x 100 EZ @2:00/2:15

1 x 100 Fist Swim - Free and Back

4 x 100 Free

@1:30>1:25>1:20>1:15/1:55>1:50>1:45>1:40

1 x 100 EZ Choice @2:00

1 x 200 Free FAST @3:00/3:30/4:00

1 x 100 EZ Choice @2:00 (1800)

Bonus: Timed 1x 100 IM or 1 x 200 Free

Cool down: 3 x 100 Choice EZ Swim or Kick