

Focus: Freestyle Builds

Tuesday

Warm Up:

200 Free

200 Back

200 Pull (600)

4x (4 x 25) R:10

1x 25 Fist Swim

1x 25 "Overkick" (10 kicks/arm cycle)

1x 25 Triple Switch - 10 kick - Triple Switch

1x 25 Perfect Free (400)

1x thru:

6 x 25 Free @ base or R:05

1 x 100 Free @ base +:30 or R:15

6 x 50 Free @ base +:10 or R:10

1 x 200 Kick @ base +:20 or R:10

6 x 25 Free @ base +:15 or R:15

1 x 100 Fast Free Timed (1000)

6 x 50 Non-Free @ base +:30 or R:15

25 EZ, 25 Fast

1 x 300 EZ (600)