

Base: Countdown

Monday & Friday

Warm Up

4 x 100 Odd 100: 75 Free/25 Fist Swim
Even 100: 75 Non-Free/25 Kick (no board)

Countdown (how far can you go?)

10 x 50 Swim R:20"
 25 Non-Free/25 Free
8 x 25 Swim R:20"
 1-4 Fast Kick/5-8 Fist Swim
6 x 50 Pull R:20"
4 x 100 Free (best effort) R:30" (1400)

- One Minute Rest -

9 x 25 Free (best effort) R:20"
7 x 25 Ez Kick R:10" (400)

- One Minute Rest -

5 x 50 Free Fast @Base +60"
3 x 50 Cruise Pace R:20" (400)