

## Focus: Countdown

Monday

### Warm Up

6 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 100 Swim      R:20"  
    50 Non-Free/50 Free  
8 x 100 Swim      R:20"  
    50 Kick/50 Cruise pace  
6 x 100 Odd Fast Kick/Even Pull      R:10"  
4 x 100 Free (best effort)      @Base +30" (1900)

- One Minute Rest -

9 x 50 Free (best effort)      @Base +40"  
7 x 50 Kick odd breast/even flutter R:15"      (800)

- One Minute Rest -

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