

Focus: Distance Free

Friday

Warm up:

300 Swim & Pull Mix

2 x 50

(25's Rhythm Drill/25's Catch up Drill)

200 Swim & Pull Mix

2 x 50

(25's Fist Swim/25's Catch up Drill)

(700)

Distance:

3 x 200 Descend to 85%

R:20"

1 x 200 Fast

R:60"

2 x 200 Descend to 85%

R:20"

1 x 200 Fast

R:60"

1 x 200 Descend to 85%

R:20"

1 x 200 EZ Choice

R:60"

1 x 200 Fast

(2000)

Bonus: 10 x 75 (25 Free + 25 Stroke + 25 Free)

(750)

Cool Down:

400 EZ Choice