

Base: Distance - Descends

Monday & Tuesday

Warm up:

200 Swim Choice

100 Fist Swim

200 Free Swim

100 "Glove Stroke" Swim

100 Non-Free Swim

100 Fist with "Glove Stroke" Swim (800)

DPS Descends second 75

3 x 150 DPS Descend R:20"

1 x 100 Fast Swim R:30"

2 x 150 DPS Descend R:20"

1 x 100 Fast Swim R:30"

1 x 150 DPS Descend R:20"

1 x 100 Fast Swim R:30" (1200)

Bonus Set:

2 x 200

(50 Kick/50 Drill/100 Swim - 3rd 50's faster)

Cool Down: 200 swim, kick, pull