

Focus: Sprint Free

Friday

Warm Up:

400 Swim Choice

3x thru:

50's - Side Kick "1 goggle in, 1 goggle out"

50's - Free Rhythm Drill - "single arm pull"

25's - Catch up Swim + 25's DPS (850)

3x thru: Set target speeds

4 x 50 Descend :02 to 95% R:15"

2 x 100 Pace -:04 & Pace -:06 R:15"

Bonus Rest - 30 seconds

1 x 200 Descend 50's to 100%

Bonus Rest - 60 seconds (1800)

1x or 2x thru:

4 x 50 Kick descend 1-4 R:15"

1 x 300 Pull R:30" (500/1000)