

Focus: Sprint Free & Stroke Changes

Friday

Warm Up:

300 Swim Choice

6 x 75 (50's Free Rhythm Drill + 25's Catch up Swim)

200 Non-Free Choice

5 x 50 Pull B3 (1000)

3x or 2x thru:

1 x 75 RA/LA/Swim DPS R:15"

1 x 50 Fast R:20"

2 x 50 Kick Mod Fast R:15"

1 x 75 RA/LA/Swim DPS R:15"

2 x 50 Fast R:20"

4 x 50 Kick Mod Fast R:15"

- Bonus Rest - 1:00 Minute - (1800/1200)

4x thru: (IMO or Odd Round Fr/Even Round Non-Fr)

1 x 25 Ez @:40"

1 x 25 Ez/Fast @:40"

1 x 25 Ez @:40"

1 x 25 Fast @:40" (400)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull