

Focus: Stroke - Fast 75s

Wednesday & Thursday

Warm up

3 x 300

100 Free + 100 IM Drill + 100 Kick (no board) R:15"

(900)

4x thru:

4 x 50 Non-Free (same stroke) R:15"

1 x 100 IM R:10"

1 x 75 Ez Choice R:30" (1500)

- Rest 1-2 minute -

2x thru: (maintain good technique on fast 75's)

2 x 50 Ez Swim Choice R:10"

2 x 75 Non-Free Build R:15"

2 x 75 Non-Free Fast R:15"

2 x 50 Ez Swim Choice R:30" (1000)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns