

Base: Stroke - 75's

Monday & Friday

Warm up

3 x 200

100 Free + 100 (50 Stoneskipper + 50 Angel Wings)
(600)

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

2 x 50 Kick Choice	R:10"	
2 x 75 (50 DPS + 25 Fast)	R:15"	
2 x 75 Non-Free	R:15"	
2 x 50 Ez Choice	R:30"	(1000)

- Rest 1 minute -

2x thru:

4 x 50 Non-Free (same stroke)	R:15"	
1 x 100 IM or Non-Free	R:10"	
1 x 75 Ez Choice	R:30"	(700)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns