

## Focus: Sprint - Maintain Fast 50's

Friday

### Warm Up:

300 Swim Choice

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

2 x 75 (25 IMO + 25 Free + 25 IMO)

300 IMO (25 Drill + 25 Kick + 25 Swim) (900)

### 2x or 1x thru: Set Goal for Fast 50's and Maintain:

1 x 200 Negative Split	@base +30"	
1 x 100 Negative Split	@base +20"	
1 x 50 FAST	@:90"	
1 x 100 Negative Split	@base +20"	
3 x 50 FAST	@90"	
1 x 100 EZ		
5 x 50 FAST	@90"	(1900/950)

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