

Focus: Mid-Distance Build to 90%

Friday

Warm up:

3/2 x 150 (100 Swim + 50 SLOB Kick)

3/2 x 150 (100 Swim + 50 Rhythm Drill)

3/2 x 150 (100 Non-Free + 50 Free Build)

(1350/900)

90% Build on each Individual Rep

4/2 x 75 Free Build to 90% @base +20"

1 x 100 Fast Choice RI:60"

4/2 x 100 Kick Build to 90% RI:20"

1 x 100 Fast Choice RI:60"

2 x 150 Pull Build to 90% @base +20"

1 x 100 Fast Choice RI:60"

1 x 100 EZ (1400/1050)

- 2:00 Rest -

4x or 3x thru:

100 Free Mod Pace + 50 Build Non-Free

(600/450)

Cool Down:

2 x (50 Free + 50 Back) - Swim, kick, pull choice