

Base: Sprint - Maintain 50's

Friday

Warm Up:

200 Swim Choice

2 x 75 (50's Triple switch with 1 goggle in/1 goggle out
+ 25's Catch up Swim DPS)

2 x 75 (25 Non-free + 25 Free + 25 Non-free) (500)

Set Goal for 50's and Maintain:

4 x 50 Free DPS

R:10"

2 x 50 FAST

@:90"/110"

1 x 100 Ez Choice

2 x 50 Fast

@:90"/110"

1 x 100 Ez Choice

2 x 50 Free DPS

R:10"

1 x 100 Ez Choice

4 x 50 FAST

@90"/110"

(1000)

Steady Pace:

4 x 50 Kick

1 x 200 Pull

(400)

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