

Bonus: Sprint - Stroke Changes on 25's Monday & Friday

Warm Up:

200 Swim Choice

4 x 75 Pull RI:15"

200 Kick: Odd 50 Back /Even 50 Breast (no board)

4 x 50 Pull RI:15" (900)

2x thru:

1 x 75 50's Single Arm, 25 Build Swim RI:15"

1 x 50 Fast Choice @base +20"

2 x 50 Kick Moderate Pace RI:15"

1 x 75 50's Single Arm, 25 Build Swim RI:15"

2 x 50 Fast Choice @base +20"

4 x 50 Kick Moderate Pace RI:15"

(1200)

2x thru: @40" or 45"

Free first round, Back second round

25 Ez

25 Ez/Fast

25 Ez

25 Fast

(200)