

## Focus: Sprint Free & Back

Monday

### Warm Up:

400 Swim Free and Back

3x thru:

50's - 3 Free/4 Back

50's - Free Rhythm Drill - Back "Hesitation Tap"

50's - 25 "Glove Stroke" + 25 DPS (850)

### 2x or 3x thru: Set target speeds

4 x 50 Descend :02 to 95% R:15"

2 x 100 Pace -:04 & Pace -:06 R:15"

Bonus Rest - 30 seconds

1 x 200 Descend 50's to 100%

Bonus Rest - 60 seconds (1200/1800)

### 1x or 2x thru:

4 x 50 Kick descend 1-4 R:15"

1 x 300 Pull R:30" (500/1000)