

Focus: Sprint - Stroke Changes on 25's

Friday

Warm Up:

300 Swim Choice

6 x 75 Pull RI:15"

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

6 x 50 Pull - NonFree Choice RI:15" (1250)

2x or 3x 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"

(1200/1800)

4x thru: @30" or 40"

Change Strokes on each round of 25's

25 Ez

25 Ez/Fast

25 Ez

25 Fast

(400)