

Focus: Distance Best Average

Friday

Warm up:

200 Swim Choice

200 Kick

200 Swim Choice

200 Pull

(800)

Build:

9 x 50 - build every 3rd 50

RI:10"

(450)

Best Average:

20 x 100

@base +:30"

1-9 Every 3rd Best Average

10-17 Every other 100 Best Average

18-20 All Best Average

(2000)

Bonus:

1 x 200 Ez

4 x 150 Pull Descend 1-4

(800)

Cool Down:

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