

Base: Sprint - Tune Up for Sprints

Friday

Warm Up:

200 Swim Choice

4 x 75 (25 Side Kick/25 Side Kick/25 DPS) (500)

Tune up for Sprints:

4 x 25 Kick FAST R:30"

1 x 200 Swim each 50 faster R:25"

2 x 100 Descend DPS R:15"

1 x 200 Hold DPS R:20"

1 x 100 Descend DPS R:15"

2 x 100 Swim each 50 Faster R:25"

(1000)

Sprint: @40"

2 x 25 Kick Fast between flags

1 x 50 Fast Swim

2 x 25 Kick Fast between flag and wall

2 x 25 Fast Swim

(200)