

## Focus: Sprint - Tune Up for Sprints

Friday

### Warm Up:

400 Swim Choice

6 x 75 (25 Side Kick/25 Side Kick/25 DPS) (850)

### Tune up for Sprints:

4 x 25 Kick FAST	R:30"
1 x 200 Swim each 50 Faster	R:25"
2 x 100 Negative Split	R:15"
2 x 200 Swim each 50 Faster	@base +20"
1 x 100 Negative Split	RI:15"
3 x 200 Swim each 50 Faster	@base +25"
	(1600)

### 1x or 2x thru:

@30" or 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

(200/400)