

Base: Distance & 100's Best Average

Wednesday & Thursday

Warm up:

200 Free Swim

2x (100 Kick + 50 Fist Swim + 50 Catch up)

200 Pull (800)

100's Best Average Goal:

1 x 200 N/S	@base +30"	
2 x 100 Descend to 95%	@base +30"	
1 x 100 N/S	@base +30"	
2 x 50 Descend to 95%	@base +20"	
1 x 100 Ez	R:30"	
4 x 100 Best Average Goal	@base +30"	(1100)

Cool Down: 3 x 100 Choice - Swim/Drills/Kick