

Base: Distance & Descend DPS Wednesday

Warm up:

200 Free Swim (200)

Drill Set:

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

2x (50 K + 50 Sw + 50 Dr + 100 N/S) (800)

Hold Pace & Decrease DPS:

2 x 200 Swim Choice R:20"

2 x 150 Swim Choice R:20"

2 x 100 Swim Choice R:20"

2 x 50 Swim Choice R:20" (1000)

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