

Base: Distance Best Average

Friday

Warm up:

100 Swim Choice

200 Kick

100 Swim Choice

200 Pull

(600)

Build:

6 x 50 - build every 3rd 50

RI:10"

(300)

Best Average:

10 x 100

RI:30"

1-4 Every 2nd Best Average

5-7 Every Odd 100 Best Average

8-10 All Best Average

(1000)

1 x 200 Ez Choice

4 x 50 Pull Descend 1-4

(400)

Cool Down:

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