

Focus: Distance & Descend to 90% Wednesday

Warm up:

(1400)

300 Free Swim

2x 300 {2x (50 Kick + 100 Fist Swim/Catch up)

2x 250 (50 K + 50 Sw + 50 Dr + 100 N/S)

Descend Swims to 90%:

3 x 200 Swim Choice

@base +20"

4 x 150 Swim Choice

@base +20"

3 x 100 Swim Choice

@base +20"

6 x 50 Swim Choice

@base +20"

(1800)

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