

Focus: Distance Best Average

Friday

Warm up:

200 Swim Choice

200 Kick

200 Pull (600)

Re-Group after 15 minutes

Speed Up: @:40

8 x 25 Odd Non-Free Fast + Even EZ Free (200)

Best Average:

20 x 100 @base +:20"/30"

1-9 Every 3rd Best Average

10-17 Every other 100 Best Average

18-20 All Best Average (2000)

Bonus: 1x or 2x thru:

1 x 50 Ez Kick

3 x 50 Sprints @base +:10" (200/400)

Cool Down:

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