

Focus: Swim Fast w/Fins

Friday

Warm up:

300 Swim Choice

200 Drills - **Fins** (50 Fist Swim + 50 Catch Up DPS)

200 Swim Choice

6 x 50 Kick - **Fins** (1000)

2x thru:

1 x 200 Pull

4 x 50 **Fins** - 25 Free/25 Back

1 x 100 **Fins** - Free (1000)

1x thru:

3 x 100 Silent Swim (300)

12 x 50's Odds Ez + Evens Fast (600)

Cool Down:

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