

Focus: Sprint - Tune Up

Wednesday & Thursday

Warm Up:

400/200 Swim Choice

4 x 75 (50 Streamline Kick/25 DPS) (700/500)

1x or 2x thru:

@30" or 40"

2 x 25 Kick Fast between flags

1 x 50 Fast Swim

2 x 25 Kick Fast between flag and wall

2 x 25 Fast Swim (400/200)

Sprints: Non-Free Choice on 100's

4 x 25 Kick FAST R:30"

3 x 100 Non-Free N/S R:15"

1 x 200 Swim each 50 Faster R:20"

2 x 100 Non-Free N/S R:15"

2 x 200 Swim each 50 Faster @base +20"

1 x 100 Non-Free N/S R:15"

3 x 200 Swim each 50 Faster @base +20"

(1900/1200)

Cool Down:

3 x 100 Ez Swim, Fast Turns, Kick