

## Focus: Broken Swims

Friday

### Warm Up:

300 EZ Free + 200 Pull + 200 Kick Choice (700)

### 3x thru:

1 x 50 3 strokes fly/3 strokes breast R: 10"  
2 x 25 sprint fly or breast swim R: 15" (300)

### 2x/1x thru:

3 x 100 Odd 100 IM/Even 100 Non-Free R:20"  
4 x 50 Kick Choice R:10"  
(1000/500)

### Broken Swims

R:20"

3 x 200: (1st 50 build + 25's fast + 3rd 50 cruise)  
50 free + 4 x 25 fly + 50 free  
50 free+ 4 x 25 back + 50 free  
50 free+ 4 x 25 breast 50 free (600)

4 x 75: (odd 25's fast, even 25's EZ)  
#1 fly/free/fly, #2 back/free/back  
#3 breast/free/breast, #4 all free (300)

### Cool Down:

3 x 100 Pull: Bilateral Breathe R: 20" (300)