

Focus: Descends Free and Non-Free

Monday & Tuesday

Warm up

200 Choice

200 Kick

4 x 50 IMO Kick

8 x 25 descend 1-4/5-8 R:10 (800)

Drill: 2 x (8 x 25) Free & Back (fins?)

R1: Odd 6-Count Kick/Triple Switch/Even DPS

R2: Odd 3 Free+4 Back/Even DPS (400)

Descends Non-Free/Free

4 x 100 IM moderate effort Base +30"

4 x 100 Free descend to 85% Base +30"

8 x 50 Non-Free :55/1:00/1:10/1:20
descend 1-4/5-8 to 85%

16 x 25 Free :35/:45/:55
descend 1-4/5-8/9-12/13-16 to 100% effort

(1,600)

Cool down:

1 x 200 EZ Choice