

**Focus: 50's**

**Wednesday & Thursday**

**Warm up:**

300 Swim

4 x 50 Kick: Odd Back/Even Breast -Distance off Walls

4 x 50 Odd 25 Fast Free + Even 25 Ez Choice (700)

**Maintain IMO Pace for 50's:**

3 x 50 Fly/Back @1:00/1:10/1:15

4 x 50 Back/Breast @:50/1:00/1:05

3 x 50 Fly/Back @:55/1:05/1:10

4 x 50 Breast/Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

**Maintain Free Pace for 50's:**

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

**IMO Sprints:**

16 x 25 Odds Sprint IMO/Evens Ez Free @:30/:40

1 x 200 EZ Choice @4:00 (600)