

Focus: 100's Moderate to Fast

Friday

Warm up:

200 Swim + 200 Kick	R:15"	
4 x 50 IMO-25 kick+25 build	R:15"	
8 x 25 Descend 1-4/5-8	R:15"	(800)

100's Moderate + Fast:

1 x 100 Fist Swim - IMO or Non-Free		
4 x 100 IM	@ Base descend interval by :05	
1 x 100 EZ Choice	@2:00/2:15	
1 x 200 IM FAST	@3:30/4:00/4:30	
1 x 100 EZ	@2:00/2:15	
1 x 100 Fist Swim - Free and Back		
4 x 100 Free	@ Base descend interval by :05	
1 x 100 EZ Choice	@2:00	
1 x 200 Free FAST	@3:20/3:40/4:00/4:40	
1 x 100 EZ Choice	@2:00	(1800)

Bonus: Timed 1x 100 IM or 1 x 200 Free

Cool down: 3 x 100 Choice EZ Swim or Kick