

Focus: Descending 100's

Monday & Tuesday

Warm up

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|-----------------------------------|-------------|
| 300 Choice Swim + 100 Choice Kick | R:15" |
| 4 x 50 IMO - 25 Kick/25 Fist | R:15" |
| 8 X 25 Choice descend 1-4/5-8 | R:10" (800) |

Descending 100's

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|---|-------------|
| 6 x 100 Free descend 1-3, 4-6 | Base +:10" |
| 1 x 100 Ez Choice | 2:00 |
| 4 x 50 Odd 25 Breast/Even 25 Fly descend 1-4 | Base +:15" |
| 1 x 100 Ez Choice | 2:00 |
| 6 x 100 Back descend 1-3, 4-6 | Base +10" |
| 1 x 100 Ez Choice | 2:00 (1700) |

Bonus:

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|---|------------|
| 4 x 50 Odd 25 Fly/Even 25 Breast descend 1-4 | Base +20" |
| 1 x 100 Ez Choice | 2:00 (400) |
| 1 x 100 IM RACE | |

Cool down (5:50) 300 Ez Choice