

Focus: Distance Free

Friday

Warm up:

200 Swim & 100 Pull Mix

2 x 50 - 25's Rhythm Drill/25's "Glove Stroke"

100 Swim & 100 Pull Mix

2 x 50 - 25's Fist Swim/25's "Glove Stroke"

(700)

Distance:

3 x 200 Descend to 85% R:20"

1 x 200 Fast R:60"

2 x 200 Descend to 85% R:20"

1 x 200 Fast R:60"

1 x 200 Descend to 85% R:20"

1 x 200 EZ Choice R:60"

1 x 200 Fast (2000)

Bonus: 10/6 x 75 (25 Free + 25 Stroke + 25 Free)

(750/450)

Cool Down:

400 EZ Choice