

Focus: Stroke - Fast 75s

Friday

Warm up

3 x 300 Broken R:15"
100 Free + 100 Back + 100 SLOB Kick (900)

4x thru:

4 x 50 RIMO R:15"
1 x 100 IM R:10"
1 x 75 Ez Choice R:30" (1500)

- Rest 1 minute -

2x thru: (maintain good technique on fast 75's)

2 x 50 Kick Choice R:10"
1 x 75 Non-Free Build R:15"
1 x 75 Non-Free Fast R:15"
1 x 50 Ez Choice R:30" (600)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns