

Focus: Descending 100's

Friday

Warm up

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

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

4 x 50 Odd 25 Free/Even 25 Back descend 1-4	Base +20"
1 x 100 Ez Choice	2:00 (400)

Cool down 300 Ez choice: swim, drill, kick, pull