

## Focus: Sprint Free

Friday

### Warm Up:

400 SKP (swim/kick/pull) (400)

### 3x thru: Drills

50's - 25 Triple Switch/25 Fist Swim

50's - Free Rhythm Drill - "single arm pull"

50's - 25 "Glove Stroke" + 25 DPS (450)

### 3x or 2x thru: Set target speeds

4 x 50 Descend to 85% R:15"

2 x 100 Pace -:01 & Pace -:03 R:15"

Bonus Rest -> 30 seconds

1 x 200 Descend 50's to 95%

Bonus Rest -> 60 seconds (1800/1200)

### 2x or 1x thru:

4 x 50 Kick descend 1-4 R:15"

1 x 300 Pull R:30" (1000/500)

### Cool Down:

3 x 100 EZ swim/kick/scull/mix strokes