

## Focus: Stroke - Fast 75s

Wednesday & Thursday

### Warm up

3 x (100 Free + 100 Non-Free + 100 "SLOB" Kick)  
(900)

### 4x or 2x thru:

|                               |       |            |
|-------------------------------|-------|------------|
| 4 x 50 Non-Free (same stroke) | R:15" |            |
| 1 x 100 IM Kick               | R:10" |            |
| 1 x 75 Ez Choice              | R:30" | (1500/750) |

- Rest 1 minute -

### 2x or 1x thru: (maintain good technique 75's)

|                       |       |            |
|-----------------------|-------|------------|
| 2 x 50 Ez Swim Choice | R:10" |            |
| 2 x 75 Non-Free Build | R:15" |            |
| 2 x 75 Non-Free Fast  | R:15" |            |
| 2 x 50 Ez Swim Choice | R:30" | (1000/500) |

### Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns