

## Focus: Sprint Free

Wednesday & Thursday

### Warm Up:

300 Swim/Kick/Pull

2x (50's - Side Kick "1 goggle in, 1 goggle out")

2x (50's - Free Rhythm Drill)

2x (25's "Glove Stroke" + 25's DPS) (600)

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

4 x 50 Descend :02 to 95% @90"

2 x 100 Pace -:04 @base +15"

Bonus Rest - 30 seconds

1 x 200 Descend 50's to 100%

Bonus Rest - 60 seconds (1800/1200)

### Bonus: Kick & Pull or 10x Challenge:

#### 1x or 2x thru:

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

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

**Continue 10x Challenge** - pick up where you left off

Cool Down: 200 Ez Choice