

Focus: Stroke - Fast 75s

Friday

Warm up

3 x (100 Free + 100 IM Drill + 100 Kick (no board) R:15"
(900)

2x thru: (maintain good technique on fast 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)

Rest 1-2 minutes

4x/2x thru:

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

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns