

Focus: Mid-Distance Build to 90%

Friday

Warm up:

2 x 150 (100 Swim + 50 SLOB Kick)

2 x 150 (100 Swim + 50 Rhythm Drill)

2 x 150 (100 Non-Free + 50 Free Build) (900)

90% Build on each Individual Rep

4/2 x 75 Free Build to 90% @base +20"

1 x 100 Fast Choice RI:60"

4/2 x 100 Kick Build to 90% RI:20"

1 x 100 Fast Choice RI:60"

2 x 150/100 Pull Build to 90% @base +20"

1 x 100/50 Fast Choice RI:60"

1 x 100 EZ (1400/900)

Bonus Options: Choose one of two

4x or 3x thru:

100 Free 75% + 50 Non-Free 85% (600/450)

10x "Check off Challenge"

10 x 100 IM (1000)

Cool Down:

2 x (50 Free + 50 Back) - Swim, kick, pull choice