

Focus: Building Speed

Friday

Warm Up

300 Free: Odd 50's full hand drag

300 Pull: catch with strong pull finish

200 Free: 3rd 25 front scull (no 1/2 breast pull) (800)

Speedi Building

5 x 50 Kick: 25 Mod/25 Fast R:10"

5/3 x 100 Free: descend 100's R:10"

2 x 50: Back DPS @ 1:00

5/3 x 100: Free Breathe pattern by 25's 3/4/5/6,

2 x 50: Back DPS @ 1:00

5/3 x 100 Free: Race Pace @base + 15"

2 x 50: Back DPS @ 1:00 (2,050/1,450)

Cool Down

3 x 100 (25 RA/25 S-B5/25 LA/25 S-B3)