

Focus: Sprint - 50's

Wednesday

Warm Up:

300 Swim Choice

200 Pull RI:15"

200 Kick: Odd 50 Back /Even 50 Breast (Hand lead)

4 x 50: 25 Back/25 Breast RI:15" (900)

2x or 3x thru:

1 x 75 50's Single Arm, 25 Build Swim RI:15"

1 x 50 Fast Choice @base +20"

2 x 50 Kick Moderate Pace RI:15"

1 x 75 50's Single Arm, 25 Build Swim RI:15"

2 x 50 Fast Choice @base +20"

4 x 50 Kick Moderate Pace RI:15"

(1200/1800)

Re-Group last 15 minutes

4x thru: @30" or 40"

Change Strokes on each round of 25's

25 Ez

25 Ez/Fast

25 Ez

25 Fast

(400)