

## Focus: Descends and Negative Splits

Friday

### Warm Up:

300 Swim Choice

4 x 75 (50 Rhythm Drill/25 DPS)

200 Pull

(800)

### Tune up for Sprints:

4 x 25 Kick FAST

R:15"

1 x 200 Swim each 50 Faster

R:20"

1 x 100 Ez Recovery Choice

R:30"

2 x 100 Negative Split

R:15"

(600)

4 x 25 Kick FASTER

R:20"

2 x 200 Swim each 50 Faster

@base +20"

1 x 100 Negative Split

R:15"

1 x 100 Ez Recovery Choice

R:30"

(700)

### Bonus:

3 x 200 Swim each 50 Faster

@base +20"

(600)

### 1x or 2x thru:

@30" or 40"

2 x 25 Kick Fast between flags

1 x 50 Fast Swim

2 x 25 Kick Fast between flag and wall

2 x 25 Fast Swim

(200/400)