

Focus: Descending intervals

Tuesday & Friday

Warm up:

300 Swim

4 x 50 Kick: Odd Back/Even Breast -Distance off Walls

4 x (30" Vertical Kick + 25 Fast Swim Choice) (700+)

Maintain Free Pace for 50's:

5 x 50 Free	@1:00/1:10/1:15	
4 x 50 Free	@:55/1:05/1:10	
3 x 50 Free	@:50/1:00/1:05	
2 x 50 Free	@:45/:55/1:00	
1 x 200 EZ Kick	@4:00	(900)

Maintain IMO Pace for 50's:

3 x 50 Fly	@1:00/1:10/1:15	
4 x 50 Back	@:50/1:00/1:05	
3 x 50 Breast	@:55/1:05/1:10	
4 x 50 Free	@:45/:55/1:00	
1 x 200 EZ Kick	@4:00	(900)

4x or 3x thru IMO Sprints:

4 x 25 Sprint IMO	@:30/:40	
1 x 50 EZ Choice		(600/450)