

Focus: 50's Test Sets

Wednesday & Thursday

Warm up:

200 Swim Mix

2x (100 K+ 50 6-1-6 + 50 DPS) #1 Fr, #2 Back

200 Pull

2x 100 Breast and Dolphin Kick (1200)

2x thru: Fun 50's Best Average Goal:

1st Round: Non-Free, 2nd Round: Free

(2 x 50) @1:00

(2 x 50) @1:20

(2 x 50) @1:40

(2 x 50) @2:00

1 x 400 btwn sets cruise choice/pull/kick. (1200)

Re-Group: 8 x 25 Dive starts and fast/ez, ez/fast

Cool Down: 3 x 100 Choice - Swim/Drills/Kick