

Focus: Countdown

Tuesday & Wednesday

Warm Up: 3x thru:

Odd 100: 75 Free/25 "6-3-6"

Even 100: 75 Non-Free/25 Kick (no board) (600)

Countdown (how far can you go?)

10 x 50 Swim R:20"

25 Non-Free/25 Free

8 x 25 Swim - Fast Kick R:20"

6 x 50 Odd Breast Kick/Even Pull R:10"

4 x 100 Free (best effort) @Base +20"

(1400)

- Reset -

9 x 50 Non-Free (best effort) @Base +20"

7 x 50 25 Back/25 Breast R:15" (800)

- Reset -

5 x 50 Fast Non-Free @Base +60"

3 x 50 Cruise Pace - Choice R:20" (400)

- Reset -

2 x 25 Fast Non-Free @40 or 50"

1 x 50 All out Choice (100)