

## Focus: How far can you can go?

### Monday & Tuesday

#### Warm Up:

200 Swim + 8 x 25 Fast Kick + 200 Pull (600)

#### 200's

8 x 25 Free/Back R:05"

1 x 200 Free 65% R:05"

4 x 50 Free/Back R:10"

1 x 200 Free 75% R:10"

2 x 100 Free/Back R:15"

1 x 200 Free 85% R:15" (1200)

#### 400's

1 x 400 Swim choice R:15"

1 x 200 Swim Choice R:10"

4 x 50 Free/Back R:05"

2 x 100 Swim choice R:10"

4 x 50 Back/Free R:05"

8 x 50 Free/Back R:10"

16 x 25 Ez/Fast R:05" (1600)