

Focus: 100's Moderate to Fast

Friday

Warm up:

300/200 Swim R:15"
4 x 50 IMO Kick R:15"
8 x 25 Descend Choice 1-4/5-8 R:15" (700/600)

100's Moderate + Fast:

1 x 100 Fist Swim - IMO DPS
4 x 100 IM Descend Base interval by :05
1 x 100 EZ Choice @2:00/2:15
1 x 200 IM DPS @3:30/4:00/4:30
1 x 100 Kick @2:00/2:15 (900)

Timed: 500 Free (500)

1 x 100 Fist Swim - Stroke Choice
4 x 100 Free Descend Base interval by :05
1 x 100 EZ Choice @2:00/2:15
1 x 200 Free FAST @3:20/3:40/4:00/4:40
1 x 100 Kick @2:00 (900)

Cool down: 3 x 100 Free 'finger-tip drag' & Kick