

Focus: Distance Free

Monday and Tuesday

Warm up:

200 Swim & 4 x 25 Fast Kick

2 x 50 - 25's Rhythm Drill/25's "Glove Stroke" w/PVC

100 Swim & 4 x 25 Fast SLOB Kick w/Pull Buoy
(600)

1K Prep: 10/6 x 75 Free R:05" (750/450)

Distance:

3 x 200 Descend to 85% R:20"

4 x 50 Fast R:60"

2 x 200 Descend to 85% R:20"

4 x 50 Fast R:60"

1 x 200 Descend to 85% R:20"

4 x 50 EZ Choice R:60" (1800)

Cool Down:

200 EZ Choice