

Focus: Stroke - Fast 75s

Friday

Warm up

300 (150 Free + 150 Back)

8 x 25 Kick Fast Choice @:35"/:40"

8 x 25 Descend DPS 1-4/Ascend DPS 5-8 (900)

4x or 2x thru:

4 x 50 RIMO (reverse IMO) R:15"

1 x 100 IM R:10"

1 x 75 Ez Choice R:30" (1500/750)

- Rest 1 minute -

2x thru: (maintain good technique on fast 75's)

2 x 50 Kick Choice R:10"

1 x 75 Non-Free Build R:15"

1 x 75 Non-Free Fast R:15"

1 x 50 Ez Choice R:30" (600)

Cool down:

2 x 100 "finger-tip" drag/Perfect Turns