

Focus: Stroke - Fast 75s

Wednesday & Thursday

Warm up

3 x (100 Free + 100 Back + 4 x 25 Fast Kick) R:15"

(900)

4x or 2x thru:

4 x 50 RIMO

R:15"

1 x 100 Fast IM

@base +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 Fast 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 EZ Recovery/Sculling/Perfect Turns