

Focus: Descending 100's

Friday

Warm up

300 (150 Free + 150 N/F)

200 Pull B3 (anchor + hip drive) (500)

Re-Group

4 x 50 Kick (25 Fast Kick + SA Pull)

2x (50 Long Doggy Paddle + 50 "6-3-6") (400)

Descending 100's

6/3 x 100 Free (descend 1-3, 4-6) Base +:10"

1 x 100 Ez Choice 2:00

4 x 50 (25 Fly Drill + 25 Br Kick) Base +:15"

1 x 100 Ez Choice 2:00

6/3 x 100 Back (descend 1-3, 4-6) Base +10"

1 x 100 Ez Choice 2:00

(1700/1100)

Bonus:

4x (25 Free + 25 Back) descend 1-4 Base +20"

1 x 100 Ez Choice 2:00 (400)

Cool down 300 Ez choice: swim, scull, kick