

Focus: Stroke - Fast 75s

Wednesday & Thursday

Warm up

3 x (100 Free + 100 Non-Free + 100 "SLOB" Kick)
(900)

4x or 2x thru:

4 x 50 Non-Free (same stroke)	R:15"	
1 x 100 IM Kick - Timed	R:10"	
1 x 75 Ez Choice	R:30"	(1500/750)

- Rest 1 minute -

2x or 1x thru: (maintain good technique 75's)

2 x 50 Ez Swim Choice	R:10"	
2 x 75 Non-Free Build	R:15"	
2 x 75 Non-Free Fast	R:15"	
2 x 50 Ez Swim Choice	R:30"	(1000/500)

Cool down:

2 x 100 EZ Recovery/Sculling/Perfect Turns