

Focus: Build to 90% May Goal Timed 50's
Monday & Tuesday

Warm up:

2 x 150 (100 Swim + 50 Non-Free)
2 x (50 Fast Kick + 50 Long Doggy Paddle + 6-1-6)
2 x 150 (100 Swim + 50 Rhythm Drill) (900)

90% Builds

4 x 75 Free Build to 90% @base +20"
1 x 150 Pull or Kick RI:60"
4 x 75 Kick Build to 90% RI:20"
1 x 150 Pull or Kick RI:60"
4 x 75 Pull descend DPS @base +20"
1 x 150 Free Build to 90% RI:60"
1 x 100 EZ (1450)

Timed: 2 x 50 Free (100)

Bonus Set:

4x (100 Free Mod Pace + 50 Build Non-Free) (600)

Cool Down:

3 x (50 Free + 50 Back) - "Silent Swim"