

## **Focus: Descend DPS and Speed Training**

**Monday 6/24**

### **Warm Up:**

300 Free every 4th 25 breast stroke R:10"

200 Kick R:10"

200 Pull R:10"

4 x 50 Choice 25 Non-Free DPS/25 EZ Free (900)

### **1x or 2x thru: Speed, Fast Turns & Descends**

6/4 x 50 Free Build Turns @ Base +:15"

6/4 x 50 Non-Free Build Turns @ Base +:20"

3/2 x 50 Free Descend @ Base +:10"

3/2 x 50 Non-Free Descend @ Base +:10"

(1,800/1,500/900)

### **1x thru:**

300 Kick - 50 Ez + 25 Sprint R:10"

200 Pull - every 4th 25 back stroke R:10" (500)

### **Cool Down: (5:55pm)**

3 x 100 Free R:10"

every 3rd length sculling drill