

FRIDAY DEATH PRACTICE: 7/5

Warm up

1x800 S.K.I.P

1x200 Swim

1x200 Kick

1x200 IM (25 drill/25 swim per stroke)

1x200 Pull

(800)

Pre Set:

5x50s

on 1:10/1:00/:50

1 non-free

1 build

1 ALL OUT

1 build

1 non-free

(250)

Main Set:

3x200 Descend 1-3

R:20''

1x200 Smooth

R:30''

3x150 Descend 1-3

R:20''

1x200 Smooth

R:30''

3x100 Descend 1-3

R:20''

1x200 Smooth

R:30''

(1950)