

# Focus: Building Speed

Friday

## Warm Up

300 Free: Odd 50's full hand drag

4x 50 (25 Long Dog Paddle + 25 6-3-6)

300 Free: 3rd 25 front scull (no 1/2 breast pull)

8 x 25 Fast Kick @45" (1000)

## Speed Building

5 x 50 Kick: 25 Mod/25 Fast R:10"

5/3 x 100 Free: descend 100's R:10"

2 x 50: Back DPS @ 1:00

5/3 x 100: Free Breathe pattern by 25's 3/4/5/6,

2 x 50: Back DPS @ 1:00

5/3 x 100 Free: Race Pace @base + 15"

2 x 50: Back DPS @ 1:00 (2,050/1,450)

## Cool Down

3 x 100 (25 RA/25 S-B5/25 LA/25 S-B3)