

Focus: Stroke - Fast 75s

Monday & Tuesday

Warm up

300 Swim Choice

4 x (25 Free + 25 Back + 25 Free) R:10"

4 x 25 "Fist Swim" DPS (EVF & hip drive) R:10"

2 x (50 "Fist Swim" + 50 Swim) (900)

4x or 2x thru:

4 x 50 Non-Free (same stroke) R:15"

2 x 50 SLOB Kick 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 "Silent Swim"