

Focus: Stroke - Fast 50's & 75's

Friday

Warm up

300 Swim Choice R:15"
6 x 50 (25 6-3-6 + 25 DPS) R:15"
8 x 25 Fast Kick @:45/:50/:60 (800)

Drill: 8/4 x 50 (25 Fly or Br *Drill + 25 Free) R:15"

*Fly: Stoneskipper; RA/LA/D; "3's-2's" (3 br-2 fly)

*Br: 1-P/2-K; pull & fly kick; "3's-2's" (400/200)

2x thru: (maintain good technique on fast 75's)

2 x 50 Fast Free @1:00/1:15/1:30
1 x 75 Build (Bk/Br/Fr) @base + :20"
1 x 75 Fast (Bk/Br/Fr) @base + :20"
1 x 50 Ez Choice R:30" (600)

- Rest 1 minute -

4x or 2x thru:

4 x 50 Kick Choice R:15"
1 x 100 IM (Fast Back & Breast) R:10"
1 x 75 Ez Choice R:30" (1500/750)

Cool down:

2 x 100 "Silent Swim"