

# Focus: Builds & Fast Swims

Monday & Thursday

## Warm up

3 x 150 (100 Swim + 50 Fast Kick)	R:20"	
3 x 100 (25 Swim + 50 finger-tip drag)	R:20"	
3 x 50 (25 'Fist" + 25 DPS)	R:20"	(900)

- Re-Group -

## 2x thru:

4 x 25 Sprint Kick	@45"	
1 x 100 Pull Recovery	R:20"	(400)

- Re-Group -

## Hold Pace:

4 x 75 Non-Free Build > Fast	R:20"	
2/1 x 100 Fast	R:60"	
4 x 75 Kick Build > Fast	R:20"	
2/1 x 100 Faster	R:60"	
2 x 150 Pull descend DPS	R:20"	
2/1 x 100 Fastest	R:60"	
1 x 200/100 Ez CHOICE		(1700/1400)

Cool down: 2 x 100 "Silent Swim"