

Focus: Distance

Friday

Warm up:

300 Free (every 3rd 25 "1 Goggle in/1 Goggle out")

8 x 25 Kick SLOB/SLOS/SLOF R:10"

300 Back (every 3rd 50 "Hesitation Tap") (800)

Working towards 200 "Personal Best" PB:

4 x 150 Odd Fly/Bk/Br, Even Bk/Br/Fr RI:10"

3 x 200 Free (every 4th 25 "DPS") @base +10"

2 x 300 Odd Pull/Even NF RI: 15"

1 x 200 Timed (2000)

1:00 minute rest

1x or 2x thru:

4 x 25 Fast Kick Choice

1 x 200 Pull (300/600)

Cool Down: 3 x 100 "Silent Swim"