

## Focus: Sprint - 50's

Thursday

### Warm Up:

300 Swim (every 3rd 25 Goggle In/Goggle Out)

200 Pull RI:15"

4 x 50 Kick: Odd 50 Back /Even 50 Breast (No Board)

4 x 50: 25 Fast Fly/25 Free DPS RI:15" (900)

### 2x or 3x thru:

1 x 75 50's Single Arm, 25 DPS Swim

RI:15"

1 x 50 Fast Choice

@base +20"

2 x 50 Kick Fast Pace

RI:15" (225)

1 x 75 50's Single Arm, 25 DPS Swim

RI:15"

2 x 50 Fast Choice

@base +20"

4 x 50 Kick Fast Pace

RI:15" (375)

(1200/1800)

### **Re-Group last 15 minutes**

4x thru: @:40/:45

### **Change Strokes on each round of 25's**

25 DPS

25 Fast

25 DPS

25 Fast

(400)