

Focus: Sprint - 50's

Wednesday

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)