

Focus: Sprint Free & Speed Changes

Friday

Warm Up:

300 Swim Choice

4 x 75 (50 Free Rhythm Drill + 25 1G In/1G out-DPS)

4 x 25 FAST Kick (w/board)

1 x 100 (25 Fist/25 DPS/25 Fist/25 DPS) (800)

Speed Changes

4 x 25 Kick - Fast between flags R:10"

2 x 100 DPS @base +15"

1 x 200 Swim - each 50 faster @base +25" (500)

4 x 25 Kick - Fast btwn flags & wall R:10"

2 x 100 DPS @base +15"

2 x 200 Swim - each 50 faster @base +25" (700)

8 x 25 FAST Kick - R:10"

Odd btwn flags, Even flags to walls

2 x 100 DPS RI:15"

1 x 200 Swim - each 50 faster @base+25" (600)

1x to 2x thru:

1 x 50 Kick RI:20" + 1 x 50 FAST @base +30"

1 x 25 Kick RI:20" + 1 x 25 FAST @base +20" (150-300)

Cool Down: 2 x (50 Fr + 50 Back) swim, kick, pull