

## Focus: Kicks & Pull

Tuesday

### Warm up:

300 Swim Choice  
100 (12.5 "Tarzan", 12.5 "10-2" Swim) R:10"  
8 x 25 Fast Swim @:45/:50  
100 (50 Long Doggy Paddle + 50 DPS) R:10"  
4 x 25 Fast Swim @:40/:45  
100 (12.5 "Tarzan", 12.5 "10-2" Swim) (900)

### Kick & Pull

3 x 100 (50 Kick + 50 Swim) @base +15"  
1 x 200 Pull Descend by 50's R:20"  
2 x 100 Negative Split @base +15" (700)

### 2x or 1x thru:

1 x 100 Ez Choice  
4 x 50's Fast Odds IMO + Evens Free (600/300)

### Timed 200's

1 x 200 Pull DPS  
2 x 200 (150 Steady + 50 Fast) R:30" (1300/1000)

### Cool Down:

2 x (50 Free + 50 Back) - Swim, kick, pull choice