

Focus: Monster Mash

Monday & Friday

Warm up:

400 Swim (Every 4th 25 Back)

8 x 25 "Tombstone" Kick @:40/:45/:50 (600)

Backstroke Drills: w/cup on forehead

2x (6 x 25) R1)"Log Roll" R2)"Shoulder Tap"

2 x 75 (25 Drill + 50 Back Swim) (450)

Re-group - Shallow End - Catch Challenge

1x thru:

200 Swim (Odd 50 Back/Even 50 Free) R:10"

300 Swim (75 Back/150 Free/75 Back) R:10"

400 Swim (100 Back/200 Free/100 Back) (900)

2x thru:

3 x 50 Free (80-90%) @:45/:50/1:00/1:10

2 x 150 (50 Free/50 Back/50 Free) R:10" (800)

Bonus: 4x thru

2x :30 "Frankenstein" Press Outs (4-8 max @:20)

1 x 50 Fast (R1&3 Free/R2&3 Back) (200)

Cool Down: 200 "Silent Swim"