

Focus: 50's Test Sets

Friday

Warm up:

200 Swim + 200 Kick + 200 Pull

4 x 50 Odd Breast Kick, Even Dolphin Kick (900)

2x thru: #1) Free, #2) Back

100 Kick N/B + 50 6-1-6 + 50 DPS (400)

2x or 1x thru: Fun 50's Best Average Goal:

1st Round: Non-Free, 2nd Round: Free

(2 x 50) 60-65% @:45/1:00

(2 x 50) 70-75% @:55/1:15

(2 x 50) 80-85% @:65/1:30

(2 x 50) 90-95% @:75/1:45

1 x 400: cruise pace choice/pull/kick. (1600/800)

Re-Group: 8 x 25 @:40/:45/:55/:60

Cool Down: 3 x 100 Choice - "Silent Swim"