

Focus: Catch and Fast Swims

Friday

Warm up:

300 Swim Choice (every 4th 25 SLOB Kick)
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 (800)

Kick & Pull (fins, snorkel, buoy) R:05"-:15"

6 x 50 - Kick (sprint last 12.5 of each 50)
10 x 50 - Pull Descend 1-5, 6-10 (60%>95%) (800)

1x or 2x thru:

2x 50 (12.5 "Tarzan", 12.5 "10-2" Swim) R:10"
6 x 25 Fast Swim @:40/:45
2x 50 (25 Long Doggy Paddle + 25 DPS) R:10"
6 x 25 Fast Swim @:35/:40
6 x 50's Fast Odds IMO + Evens Free (800/1600)

Bonus Choice: 8 x 50 Kick (90-95%) @1:15/1:30

Or: 2 x 200 (150 Steady + 50 Fast) (400)

CoolDown: 200 "Silent Swim"