

# Goal: Fatigued Drills

Wednesday / Thursday (12/4 & 12/5)

## Warmup

300 Choice

4 x 50 Kick

@1:00 / 1:15 / 1:30

4 x 50 Pull

@ :50 / 1:00 / 1:15

(500)

## Main Set

(2 / 3 / 4)x Repeat (All Choice - at least one non-free):

4 x 25 Drill

R: 10s

4 x 50: Kick, Descend

R: 10s

4 x 100: Swim, Descend

R: 20s

(1400/2100/2800)

## Bonus Sprints

2x Repeat

1 x 75 FAST

R: 30s

1 x 25 EZ

R: 30s

(200)

## Cooldown

1 x 100 "Silent Swim", 1 x 100 Pull, 1 x 100 Choice

(300)