

Focus: 50's

Friday

Warm up:

300 Swim

4 x 50 Kick: Odd Back/Even Breast -Distance off Walls

6/4 x (30" Vertical Kick + 25 Fast Swim IMO) (700+)

Maintain IMO Pace for 50's:

3 x 50 Fly @1:00/1:10/1:15

4 x 50 Back @:50/1:00/1:05

3 x 50 Breast @:55/1:05/1:10

4 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

Maintain Free Pace for 50's:

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Kick @4:00 (900)

IMO Sprints: Odds Sprint/Even EZ

8/6 x 25 Odds IMO/Evens Free @:30/:40

1 x 200/100 EZ Choice @4:00

8/6 x 25 Odds Free/Even Non-Free @:30/:40

(600/400)