

Focus: 100s Moderate to Fast

Friday

Warm up:

300/200 Swim	R:15"	
4 x 50 IMO Kick	R:15"	
8 x 25 Descend Choice 1-4/5-8	R:15"	(700/600)

100's Moderate + Fast:

1 x 100 Fist Swim - IMO DPS		
4 x 100 IM Descend Base interval by :05		
1 x 100 EZ Choice	@2:00/2:15	
1 x 200 IM DPS	@3:30/4:00/4:30	
1 x 100 Kick	@2:00/2:15	(900)

Timed: 500 Free (500)

1 x 100 Fist Swim - Stroke Choice		
4 x 100 Free Descend Base interval by :05		
1 x 100 EZ Choice	@2:00/2:15	
1 x 200 Free FAST	@3:20/3:40/4:00/4:40	
1 x 100 Kick	@2:00	(900)

Cool down: 3 x 100 Free 'finger-tip drag' & Kick