

Focus: Sprint Free - May Goal "Timed 200"

Friday PM

Warm Up:

600 SKP (200 Swim/200 Fast Kick/200 Pull) (600)

2x thru: Drills

50's - Free Rhythm Drill - "single arm pull"

50's - 25 "Long Dog Paddle" + 25 DPS (200)

2x thru: Set target speeds

4 x 50 Descend to 85% R:15"

2 x 100 Pace -:01 & Pace -:03 R:15"

Bonus Rest -> 30 seconds

1 x 200 Descend 50's to 95% **(Timed)**

Bonus Rest -> 60 seconds (1200)

2x or 1x thru:

4 x 50 Kick descend 1-4 R:15"

1 x 300 Pull B3 R:30" (1000/500)

Cool Down:

3 x 100 EZ swim/kick/scull/mix strokes