

Friday

Warm Up:

200 Swim + 200 Kick + 100 IM + 100 Pull

8 x 25 Odd Sprint Choice/Even EZ Swim (800)

2x thru Vertical Kick-Sprint-EZ: Mid-Pool

30" FAST Vertical Kick, 25 Swim Sprint, 50 Ez

Swim (or Sinko) de Mile (1650)

1x thru: Broken 1650! - Two rest options:

One: Rest :05, subtract :50 from final time

Two: Rest :10, subtract 1:40 from final time

275 (11x25) + 250 (10x25) + 225 (9x25),

200 (8x25) + 175 (7x25) + 150 (6x25) +125 (5x25),

100 (4x25) + 75 (3x25) + 50 (2x25), 25 (1x25)

3x thru: Stroke Set (750/450)

1 x 50/25 Fly @ :50-:55 or R:15

1 x 50/25 Back @ :50-:55 or R:15

1 x 50/25 Breast @ :50-:55 or R:15

1 x 50/25 Free @ :50-:55 or R:15

1 x 50 EZ Choice @ 1:10 or R:20

Bonus: 5 minute Swim/Relay - track your distance