

Focus: Build to 90%

Monday

Warm up:

2 x 150 (100 Swim + 50 Non-Free)

3 x (50 Fast Kick + 50 Long Doggy Paddle)

3 x IMO (50 Drill + 50 IMO Kick + 50 Swim) (1050)

90% Builds

4 x 75 (50 Back + 25 Br) Build to 90% RI:30"

1 x 150 Pull or Kick RI:20"

4 x 75 (25 Back + 50 Br) Build to 90% RI:30"

1 x 150 Pull or Kick RI:20"

4 x 75 Pull (Back & Breast) RI:20"

1 x 150 Free Build to 90% RI:60"

1 x 100 EZ (1450)

Timed: 4 x 50's IMO (200)

Bonus Set:

4x (100 Free Mod Pace + 50 Build IMO) (600)

Cool Down:

3 x (50 Free + 50 Back) - "Silent Swim"