

Focus: Descending IMs

Friday

Warm Up:

200 Swim Choice

200 Kick (fly & breast mix) R:15"

4 x 75 Pull (DPS) R:15"

4 x 75 Kick (25's BFB) R:15" (1000)

Revving Up your Engine:

4 x (25 IMO Fast + 50 Ez Free) (300)

Descending IMs:

1 x 100 IM Fast @base +20"

1 x 100 Free @base +20"

2 x 100 IM Faster @base +20"

1 x 200 Free @base +20"

3 x 100 IM Fastest @base +20"

1 x 300 Free R:20" (1200)

Re-Group: Timed 50's

4 x (50 IMO Fast + 25 Ez Free) (600)

Cool Down: 2 x (50 Fr + 50 Stroke) swim, kick, pull