

Focus: Increasing Effort

Monday

Warm up

300 Swim Choice

300 RIMO (50 Kick/Drill, 25 Swim) (600)

Revving Up:

6x (25 IMO Fast + 50 Ez Free) R:15" (450)

2x - 3x thru: Increase Effort/Speed each Round:

1 x 50 (25 Fly, 25 Back)	R:15"	
1 x 50 (25 Back, 25 Br)	R:15"	
1 x 50 (25 Free, 25 Fly)	R:15"	
1 x 200 Free	R:15"	
2 x 100 IM	R:20"	(1650/1100)

Bonus Set 2x thru: R:20"

50 Free + 50 Fly + 50 Free + 50 Back + 50 Free + 50 Br
(300)

Cool down:

3 x 100 "Silent Swim"