

Focus: Sprints - Free

Friday

Warm Up:

300 Swim Choice

4 x 75 (25 Drill + 25 Swim + 25 Drill)

6 x 50 Free Descend 1-3, 4-7 @1:15/1:30 (900)

Timed: 100 Free (100)

Speed Changes

12 x 50 Free, every 3rd 50 Choice Fast R:30"

2 x 100 Kick, fast in and out of walls R:40"

8 x 50 Free, every other 50 Choice Fast R:30"

4 x 50 Kick, Build R:40"

4 x 50 All Fast R:30"

2 x 50 DPS, Silent R:30"
(1700)

Bonus:

4x thru: (#1 & #3 N/F/#2 & #4 Free)

1 x 25 Ez @:40"

1 x 25 Fast @:40"

1 x 25 Ez @:40"

1 x 25 Faster @:40" (400)

"Silent Swim": 2 x (50 Free + 50 Back Transitions) (200)