

Focus: Maintain Fast 50's (Free & IM)

Friday

Warm Up:

300 Free (every 3rd 25 "Finger tip drag")

8 x 25 Fast Kick/Even Breast Kick @:40/:50

4 x 50 (25's Half Bowl/Shoot Out Drills +25's 1P+2K)

4 x 75 Back (50's Hesitation Tap +25's 6-1-6 +25's DPS
(1000)

IM Pre-Set

100 (50 Back/50 Breast) R:20"

100 (50 Fly/50 Free) R:20"

200 IM - **Timed** (Option Broken :10") (400)

1x or 2x thru: Set Goal for Fast 50's and Maintain:

1 x 200 Pull R:20"

1 x 100 IM - Steady R:20"

1 x 50 FAST - Choice @:60"/75"/90"

1 x 100 IM - Steady R:20"

3 x 50 FAST - Choice @:60"/75"/90"

1 x 100 EZ Choice

5 x 50 FAST - Choice @:60"/75"/90" (950/1900)

Cool Down: 2 x (50 Fr + 50 Back) Silent Swim