

Focus: Sprint Free & Stroke Changes

Friday

Warm Up:

300 Swim Choice (every 3rd 25 "Long Doggy Paddle")

4 x 75 (50's Free Rhythm Drill + 25's DPS)

200 Non-Free Choice

4 x 50 Pull (1 Goggle In/1 Goggle Out) (1000)

2x or 3x thru:

1 x 75 50 "6-1-6"/25 Swim DPS

R:15"

1 x 50 DPS Swim

R:20"

2 x 50 Kick Mod Fast

R:15"

1 x 75 50 "6-3-6"/25 Swim DPS

R:15"

2 x 50 DPS Swim

R:20"

4 x 50 Kick Mod Fast

R:15" (1200/1800)

2x or 4x thru: (Odd Round Fr/Even Round Non-Fr)

1 x 25 Ez

@:40"

1 x 25 Ez/Fast

@:40"

1 x 25 Ez

@:40"

1 x 25 Fast

@:40" (200/400)

Cool Down: 2 x 100 "Silent Swim"