

Focus: Sprint Free & Stroke Changes

Friday

Warm Up:

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

4 x 75 (50's Single Arm Drill + 25's DPS)

200 Non-Free Choice

4 x 50 Hand Lead Kick - Breaststroke (1000)

1x or 2x thru: (1st Rd: Free/2nd Rd: Back & Breast)

2 x 75 50 Drill Choice/25 Swim DPS R:15"

1 x 50 DPS Swim R:20"

2 x 50 Kick Mod Fast R:15"

2 x 75 50 Drill Choice/25 Swim DPS R:15"

2 x 50 DPS Swim R:20"

4 x 50 Kick Mod Fast R:15" (750/1500)

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

1 x 25 Ez @:40"

1 x 25 Fast @:40"

1 x 25 Ez @:40"

1 x 25 Faster @:40" (200/400)

Cool Down: 2 x 100 "Silent Swim"