

## Strong Finish - 100's

Friday

Warm up 300/200/100/200/Scull

300 Swim Choice

200 Pull

100 Kick (accelerate between flags)

200 Free Odd 25's DPS/Even Scull 25's

4 x 25 Fast Choice @:30/:35/:40 (900)

### Who Loves 100's?:

8 x 100 Pull R:10"

1 x 50 Choice R:10"

6 x 100 Free Swim @base interval +:10"

1 x 50 Choice R:10"

8 x 50 Kick Build R:15" (1900)

### Bonus: Choice stroke/kick/pull/drill

2 x 50

2 x 100

1 x 200

2 x 100

2 x 50 (800)

Cool Down: 2 x 100 "Silent Swim" Choice