

High Elbow Catch

Monday

Warm Up: 2x thru:

100 Free	@1:30/1:45/2:00/2:15	
50 Kick (board?)	@1:00/1:20/1:40/2:00	
0:40 Vertical scull drill	@1:00	
2 x 25 Single Arm Swim	@:30/:40/:50	(400)

Main 2x or 3x thru:

5 x 100 Free Descend 60% > 95%	@base +20"
1 x 100 Ez (50 Catch-up/50 DPS)	R:10"-20"
2 x 25 Free 90%-95%	@:30"/:40"
1 x 25 DPS	
0:30" Standing Scull @1:00	
1 x 25 DPS return to Deep End	(1400/2100)

Kick:

	(300)
4 x 75 (25 70%/25 90%/25 70%)	R:15"-:25"

Bonus:

5 x 50 Free (85%-90%)	@:40"/:50"/:60"
1 x 100 EZ (50 Catch-up/50 DPS)	R:20"-30"
3 x 25 FAST (90%-95%)	@:45/:55/:65"
0:30" Standing Scull @1:00	(425)

Cool Down: 100 - 200 Silent Swim