

# Power Kick & Turnover

Monday & Thursday

## Warmup (750)

300 Swim

10 x 25 Kick, R: 5s

4 x 50 Pull, R: 10s

(750)

## Main Set (1800)

5 x 100 Swim, Descend 1-5

@1:20/1:40 / 1:50 / 2:00

4 x 25 FAST kick, R: 10s

4 x 100 Swim, Build within each 100

@1:25/1:45 / 2:00 / 2:15

4 x 25 FAST kick, R: 10s

3 x 100 Swim, Pull (steady)

@1:20/1:40 / 1:50 / 2:00

4 x 25 FAST kick, R: 10s

2 x 100 Swim, back 50 FAST

@1:25/1:45 / 2:00 / 2:15

4 x 25 FAST kick, R: 10s

1 x 100 Swim FOR TIME

(2550)

## Bonus 1-3x thru: Broken Turnover 100s (300/600/900)

4 x 25: DPS @:30 / :35 / :40

2 x 50: DPS + 1 @:50 / :55 / 1:00

1 x 100: DPS + 2 @1:30 / 1:45 / 2:00

(2850/3150/3450)

## Cooldown (200)

2 x 100: 50 SLOB Kick, 50 swim

(3050 /3350 /3650)