

100s Moderate to Fast

Wednesday

Warm up: R:15"

300 Swim Choice

4 x 50 Catch-Up w/strong kick

8 x 25 Descend Choice 1-4/5-8 (700)

100's Moderate + Fast: (1800 yds)

1 x 100 IMO Kick R:20"

2 x 100 IM DPS R:30"

4 x 100 IM Descend Base interval by :05"

1 x 100 EZ Choice R:20"

2 x 50 Kick Choice - 25 Build/25 Blast (1600)

1 x 100 Catch-Up w/strong kick

2 x 100 Free DPS R:20"

4 x 100 Free Descend Base interval by :05"

1 x 100 EZ Choice R:20"

2 x 50 Kick Choice - 25 Build/25 Blast (2500)

Cool down: 3 x 100 Free 'finger-tip drag' & Kick