

42!

Monday & Tuesday

Warm up:

4 x 100 SKPs (swim-kick-pull)

2 x (50 Fast Kick + 50 Long Doggy Paddle)

4 x (2 x 25) DPS Drills - **Re-Group** (700)

90% Builds

4 x 50 Free Build to 90% RI:30"

2x (2 x 50 Fast Kick) RI:20"

4 x 50 Back Build to 90% RI:30"

2x (2 x 50 Fast Kick) RI:20"

4 x 50 Free Build to 90% RI:30"

1 x 200 EZ (1200)

20 x 50's Stroke Choice RI:10" (1000)

Bonus Set:

4x (50 Build IMO + 50 Free Mod Pace) (400)

Cool Down:

2 x (50 Free + 50 Back) - "Silent Swim"