

Descending Intervals

Friday

Warm up:

300 Swim: (every 3rd 25 "Long Doggy Paddle")

4 x 50 Kick: Odd Back/Even Breast -Distance off Walls

4 x (25 Fast Kick + 50 Fast Swim Choice) (800)

Maintain Free Pace for 50's:

5 x 50 Free @1:00/1:10/1:15

4 x 50 Free @:55/1:05/1:10

3 x 50 Free @:50/1:00/1:05

2 x 50 Free @:45/:55/1:00

1 x 200 EZ Choice @4:00 (900)

Maintain IMO Pace for 50's:

3 x 50 Fly @1:00/1:10/1:15

4 x 50 Back @:50/1:00/1:05

3 x 50 Breast @:55/1:05/1:10

4 x 50 Free @:45/:55/1:00

1 x 200 EZ Choice @4:00 (900)

1x or 2x thru:

200 Free - Timed

1 x 50 EZ Choice (500/250)