Free & Back **Monday Sprints**

(3800/2500 yds)

Warm Up:

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

Drills 1x or 2x thru: (300/600)

2 x 75 Back "Hesitation Tap" + 25 DPS

2 x 75 Back 25 Dbl Arm Back + 25 DPS

Set Target Speeds 2x or 3x thru: (1200/1800)

(#1 & #2 Free/#3 Back)

4 x 50 Descend to 95% @base +:15" or R:15"

2 x 100 Hold Fast Pace @base +:15" or R:15"

Bonus Rest - 60 seconds -

1 x 200 Descend 50's to 100%

Bonus Rest - 60 seconds -

- Re-Group last 15 minutes -

1x or 2x thru: (400/800)

4 x 50 Swim Choice Descend @:40/:45/:50/:55

1 x 200 Pull R:20"

Cool Down: (300)

3 x 100 "Silent Swim" Choice