

600 Choice

6(5)(4) x [ 100 free + 75choice drill + 50 choice kick + 25 choice sprint]

1:30	1:20	1:10	:30
1:35	1:25	1:15	:30
1:45	1:30	1:15	:30
:30rest	20rest	15rest	:10rest

100 ez

9(8) x 150 Free @ 2:05/ 2:10/2:20/2:25/2:35 or 8 x 100 @ 2:15

#1-5(4) @ 70-80% effort, strong and steady

#6-9 Descend 1-4 starting at your time for the 70-80% efforts

200 EZ

12 (10) x 50 @ 1:15, 1:30

--30 yards sprint, 20 yards ez.

--Your choice in 3 sets of 4. or 2 sets of 5.

Warm Down