

USRPT 3.0 Race pace rep12 | Senior
Sat May 18 '19 - 9:15 am 25 Yards
Default interval: 2:00 per 100

6x100 @ 1:30 2 times Kick/Scull/Swim w fins 2-4-6-8 kicks off walls Descend turns
6x50 @ 1 O: progressive drill (50d/25d 25s/all swim) E: build 37 1/2 and sprint finish
6x25 @ :40 2x(DPS/Build/15 fast)
100 parametric, primary
 50s @ 2 m1s1 Make 7 or miss 2 in a row
16x25 @ :30 4 choice 4 reverseIM blast last 10y, 8 kayak/kick w board
3x50 @ 1 Kick/Swim DPS Build 37 1/2 and sprint finish
200 progression, secondary
 18x50 @ :50 O: DPS/EZ E: fast 200pace
200 shake out