10/21 - PM

Ankles

WU

800 every 3rd 50 kick @ CSO

4x75 @ 1:10 choice build

4x50 @ :50 choice Kick

8x25 @ :30 Odds streamline dolphin on back 5-7 UWK Evens: FAST Breakout great technique to wall

Kick set:

3x

4x150 @ 2:20 – flutter or dolphin

4x50 @ :50 descend 1-4 so #4 is FAST!

8x25 @ :45 with stick Odds Surf flutter evens flutter on back

The Set!

400 @ 6:00 50 Free 50 back

4x25 @ :45 odds from start FAST evens from push FAST

2x200 @ 3:00 10 stroke max

4x25 @ :45 odds from start FAST events from push FAST

4x100 @ 1:30 25 4 strokes perfect fly 25 free 25 breast 25 Free

4x25 @ :45 odds from start FAST events from push FAST

800 @ 12:00 with paddles

8x25 @ :45 odds from start FAST events from push FAST

Warmdown!

Tiger 100s