11/01/2016 – Morning Workout

Warm Up:

1 X [4 X 75 on 1:45 Swim Choice 7

 [4 X 75 on 1:45 Body Position / Drill / Swim 7

 [4 X 75 on 1:45 Build 7

=== 2:00 Rest === 2

Focus Set 1:

1 X [6 X 200 on 3:30 Descend 1 – 3, 4 – 6 21

 [2 X 200 on 3:30 Kick with Fins & Board 7

=== 2:00 Rest === 2

Cooldown:

1 X [1 X 200 on 4:00 Choice Swim 4

Total Yards 3100 Total Time 57 Minutes