Friday Morning at GAC – September 18th

Warm-Up (1000)

- 500 Swim
- 200 Kick (no fins, board optional)
- 3 x 100's @ 1:40
    - Drill-Swim-Drill-Swim x 25 (Choice)
        - Drill = Detailed
        - Swim's = Work UW/DPS

Pre-Set (900)

- 3x
    - 4 x 50's your choice @ 1:00
        - Odds Kick/Drill
        - Evens Drill/Build
    - 4 x 25's
        - 1-3 Strong/Fast @ :25
        - 4 EZ @ :45

Main Set (1500)

- 3x
    - 1 x 200 Freestyle Loose Negative Split @3:00
        - Work/Descend turns from best technique
    - 3 x 50's Stroke/IM @ :55
        - Work Turns/UW
    - 1 x 100 FR Tight Negative Split @ 1:30
    - 50 Recovery Backstroke @ 1:15

Post – Set (600)

- 2x
    - 4 x 30 sec Vertical D-Kicks @ :45 (:30 on/:15 off)
    - 1 x 150 FR (work UW's) @ 2:15
    - 1 x 100 IM (work UW's @ 1:45
    - 1 x 50 Fast (any) @ 1:00

Cool-Down (200'ish)

- 2 x starts OTB's then 100 Cool Down Swimmer Choice