Tuesday:

Stretch

Warmup-

200 free brex3

100 kick

2x50 sc#

Kick Set-

10x50 free kick focus on strong, small kicks @1:20

Set 1-

20x25 free holding the same time (pacing) on the @:40

Set 2-

3x200 free off the block (if possible) fr/ch/fr doesn't have to be sprint but I want it fast @4:15

Cooldown-

200 easy

Stretch