

Arms Focus 17-Apr-19

Warm Up (~400)

While sighting once per length (both directions)
10 minutes ↑ FS quick ↓ FS easy recovery pace

Drill Set (600)

4 X 50 as ↑ Scull #1 ↓ FS easy

4 X 50 as ↑ Tarzan ↓ FS easy

4 X 50 as ↑ Long Dog ↓ FS easy

Threshold Set (1200)

Slower Lane(s): Drill & FS as directed by Coach

Faster Lanes: 6 x 200 @ TL +1beep rest

Cool Down (200-400) Choice