



Descend Day

Warm up

4 x 50 Pull Rest:10
8 x 25 Kick rest:10
4 x 75 pull rest: 15
(breathe 3/5/3 by 25's)

Main Set

Descend (get faster the 2nd time) 1-2 for each distance:

2 x 400 @ 6:40 or rest :40
2 x 300 @ 5:00 or rest :30
2 x 200 @ 3:20 or rest :20
2 x 100 @ 1:40 or rest :10

Cool Down

300 Choice mix



**KENNESAW STATE
UNIVERSITY**
DIVISION OF STUDENT AFFAIRS
Sports and Recreation