Warm Up:

5 X 75 SWIM /25 KICK NO BOARD ALT LT/RT/BACK

Set 1

BROKEN 1650 ALL FREE (PADDLES IF YOU WANT TO)

SUBTRACT 3:45 (REST TIME) FOR YOUR

1650 TIME

DO NOT WAIT BETWEEN SWIMS FOR EVEN CYCLES. THE OBJECT IS TO GET YOUR TIME FOR A 1650.

275 REST :30

250 REST :30

225 REST :30

200 REST :30

175 REST :30

150 REST :15

125 REST :15

100 REST :15

75 REST :15

50 REST :15

25

100 EZ

Set 2 3 2 1

8X75 CHOICE/FREE/CHOICE X 25 1:20 1:30 1:40

2X50 SPRINT CHOICE

Warm Down

200 50 SWIM / 50 DRILL