Warm Up:

10 MIN MIX OF SWIM/KICK(NO BOARD) CHOICE

Set 1

3 2 1

8 X 50 1-4 IM ORDER :55 1:00 1:15

5-8 DESCEND

50 EZ

4 X 100 FREE DESCEND 1:25 1:35 1:50

50 EZ

2 X 200 FREE BUILD BY 50 2:40 3:00 3:30

#2 FASTER BY 0:05

50 EZ

Set 2

400 SWIM W/PADDLES

Target Times

Lane 3 5:00 (1:15 Pace)

Lane 2 5:20 (1:20 Pace)

Lane 1 6:20 (1:35 Pace)

Set 3 3 2 1

200 25 Porpoise

25 Swim IM Order

50’s (till 6:40) :55 1:00 1:15

ODD Choice

Even Free

Warm Down Begin at 6:40 or so

200 50 SWIM / 50 DRILL

PORPOISE: Swim to Bottom touch with hands

Put feet where hands touch, push off at

A 45 degree angle, catch a breath, repeat