Warm Up:

200 SWIM

100 KICK

200 PULL

Set 1

6 X 75 ALL PULL

1-3: DRILL 25 CATCH UP/25 CU W~PUSH/ 25 BUILD

4-6: DESCEND 1:10 / 1:15 / 1:30

50 EZ

Set 2 3 2 1

1 X 50 :50 / 1:00 / 1:10 60%

2 X 75 1:05/ 1:15 / 1:25 75%

3 X 100 1:25/ 1:35 / 1:45 70/80/100

1 X 200 RECOVERY

3 X 100 1:20 / 1:30 / 1:40

2 X 75 1:05 / 1:15 / 1:25

1 X 50 :32 / :35 / :42

Set 3

300 Swim/Kick by 50

400 Swim w/paddles and fins 50 Fast/50 EZ

2 x 50 Under/Over rest 30:

100 ez