Warm Up:

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

Set 1

 3 2 1

8 X 50 1-4 NON FREE :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 KICK

 25 Swim

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