Warm Up:

200 SWIM

300 PULL ~ BREATH 3

4 x 75 Drill 50 / Swim 25

1) Catch Up ~ Work the Push

2) LT Arm

3) RT Arm

4) Balance Lt 6 Kicks 3 Strokes

Balance Rt 6 Kicks 3 Strokes

Set 1

3 2 1

8 X 100 HOLD EVEN PACE 1:30 / 1:40 / 1:50

GO FOR IT ON #8

50 EZ

1 MIN REST

8 X 50 DESCEND 1-4 / 5-8 :50 / 1:00 / 1:10

50 EZ

1 MIN REST

8 X 25 ODD SPRINT / EVEN EZ ON :25 / :30 / :35

50 EZ

Set 2

1 X 200 TRY TO SWIM 2 OF YOUR PACE 100’S

TOGETHER (IF YOU SWAM 1:20 TRY FOR 2:40)

4 x 100 Kick LT/RT/BK/Choice by 25

300 PULL DPS

Warm Down

300 50 SWIM / 50 DRILL / 50 KICK