Warm Up:

S-300 K-200 P-200

Set I:

SWIM 4 X 100

(25 BUILD (REST 5 SEC) 25 FAST - 50 EZ)

Set II:

HARD SET

SWIM 5 X 100 @ FPSO + 200 @ MODERATE INTERVAL

\*\*\* REPEAT 3 OR 4 TIMES

\*\*\* SWIM AN EZ 200 AND DONE

Or

5 ON 5 OPTION

SWIM 5 X 100: EACH ON THE 5 MIN INTERVAL

\*\*\*\* ALL OUT SPRINTS ON LOTS OF REST

\*\*\*\* SWIM DOWN WHAT YOU NEED IN BETWEEN,BUT BE READY EVERY

EVERY 5 MIN.

PULL 300 STRETCH OUT

KICK/SWIM 4 X 100: 1ST 25) KICK FAST

MIDDLE 50) SWIM AND DESCEND

LAST 25) SWIM EZ

100 EZ