WARM UP **300** CHOICE   
  
SET 1   
**4 x 75** KICK/DRILL/SWIM :10r   
**4 x 50** DESCEND on 0 : 50   
  
SET 2   
**4 x 150** PULL on 2 : 15 :15-:20 r  
**4 X 100** KICK on 2 : 00 :10-:15 r  
  
SET 3   
**4 x 75** 25 EZ - 50 SPRINT on 1 : 15 :15r  
**4 X 75** 37 EZ - 38 SPRINT on 1 : 15  
**4 X 75** 50 EZ - 25 SPRINT on 1 : 15  
  
SET 4   
**4 X 75** 50 STROKE/25 FREE on 1: 15 :10-:15 r  
**4 X 50** 25 STROKE/25 FREE on : 55 :15-:20 r  
**4 X 25** CHOICE on : 30   
  
YARDAGE: 3300