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