**Warm Up**

S-300 K-200 P-200 (700/700)

**Set I: All :10r**

25 - FLY

50 - BACK

75 - BREAST

100 - FREE

75 - BREAST

50 - BACK

25 - FLY (400/1100)

**Set II:**

SWIM:

1 X 400 :40r Negative Split (Stop for :05 at 200 to get split)

2 X 300 :30r Negative Split (Stop for :05 at 150 to get split)

3 X 200 :20r 1 & 2 PACE/ 3 EZ

4 X 100 :10r Descend from PACE Take a extra :30r after #3 and go for it on #4

(2000/3100)

**Set III**:

2 X ( 25 KICK/25 PULL WITH BOARD (BOARDWAG)/ 50 SMOOTH)

\* BOARDWAG is pulling with the kick board between your legs

like a buoy. Hold the board so that a good portion of it will

create resistance beneath you as you rotate your shoulders/hips.

This will force you to generate a little more effort in your

rotation.

total 3,300