**Warm Up**

500 Swam as 75 Swim/25 Streamline Kick/25 Drill 4x

**SET 1 All :10 - :15 R**

1 x 200 Breaststroke

2 x 100 Free Swim Focus on your kick.

4 x 50 Back Think deep catch

8 x 25 Odds Fly, Even Free Try for 5+ dolphin kicks of wall on FLY

(800/1300)

**SET 2**  Start with a interval that will give you about :30 rest

On a moderate swim, these times are as if I wanted to hold

1:15 for every 100

2 x 100 @1:45

2 x 100 @1:40

2 x 100 @1:35

2 x 100 @1:30

2 x 100 @1:25

2 x 100 @1:20

2 x 100 @1:15

Go until you can’t make it the sit one out and switch to 50’s and continue the pattern till you can’t make it. (????/????)

I’ll make something up for the time that’s left.