WARM UP **300** CHOICE   
All Intervals are based on a 1:15 Distance Pace (DP) per 100

Adjust interval for your lane using the suggested rest

300/300  
**SET 1**   
**2 X** THIS SET:

**100** DRILL @ 1 : 30 (~ 10 sec rest)  
**75** SWIM @ 1 : 05 (~ 10 sec rest)  
**50** KICK @ 0 : 55 (~ 10 sec rest)  
**25** SWIM @ 0 : 30 (~ 15 sec rest) 500/800

**SET 2**   
**400** DP @ 5 : 30 (~ 30 sec rest)  
**300** DP @4 :05 (~ 20 sec rest)  
**200** DP-1 @2 : 45 (~ 15 sec rest)  
**100** DP-2 @1 : 45 (~ 30 sec rest) 1000/1800  
  
**300** DP @ 4 : 15 (~ 30 sec rest)  
**200** DP-2 @ 2 : 50 (~ 20 sec rest)  
**100** DP-3 @1 : 45 (~ 30 sec rest) 600/2400  
  
**200** DP @ 3 : 00 (~ 30 sec rest)  
**100** DP-4 @ 1 : 45 (~ 30 sec rest) 300/2700  
  
**100** ALL YOU HAVE LEFT 100/2800

**1 x 150** EZ  **2 x 100** Kick   
**3 x 50** SWIM  
**4 x 25** EZ

YARDAGE: