WARM UP **300** CHOICE 300/300  
  
**SET 1**   
**6 X 50** ODD DRILL-SWIM / EVEN KICK-SWIM (~ 10 R)  
**6 X 50** TENNESSEE TURNS (~ 15 R) 600/900  
 **SET 2**   
**2 X 200** PACE (~ 20 R)  
**3 X 100** PACE (~ 10 R)  
**4 X 50** Descend (~ 10 R) 900/1800  
  
**2 X 200** PACE –3 (~ 30 R)  
**3 X 100** Descend (~ 15 R)  
**4 X 50** Descend (~ 15 R) 900/2700  
  
**200** PACE -5 (~ 30 R)   
**100** PACE -?? (~ 20 R)  
**4X50** DESCEND (~ 15 R) 400/3100

**Extra Set**

**12 x 25**  1 Blast Off/EZ, 1 1 Breath, 1 EZ Repeat 4 x 300/3400

YARDAGE: 3,400