WARM UP

**200** Swim Nice and Slow

**200** Kick/Swim by 25 no board

**200** Free/Back by 25

 **600**

SET 1
**3 X 100** 50 DRILL-25 KICK-25 SWIM @ 1 : 45 (about 10 sec rest)
**4 X 50** FIND YOUR PACE @ 0 : 50 (about 12 sec rest)
 **500/1100**
SET 2
**800** EVERY 4TH OPEN TURNS, GET SPLIT, EVEN PACE

REST 1 MIN OR SO ☺

**600** EVERY 4TH OPEN TURNS GET SPLITS, DESCEND 100’S

 REST 1 MIN OR SO ☺

**400** EVERY 4TH LENGTH STROKE

REST 1 MIN OR SO ☺

**200** GOOD EFFORT
 **2000/3100**
SET 3
**6 X 50** KICK @ 1 : 05 (about 15 sec rest)
**5 X 50** DRILL/SWIM – CHOICE @ 0 : 55 (about 15 sec rest)
**4 X 50** KICK @ 0 : 55 (about 5 sec rest)
**3 X 50** DRILL/SWIM - CHOICE @ 0 : 50 (about 10 sec rest)
**2 X 50** SPRINT @ 1 : 10 (about 30 sec rest)
**1 X 50** EZ

 **1050/4150**

**200** EASY