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