WARM UP **600** Swim, Nice and easy, mix in a drill or kick

Every 4th length

Try These ~ CATCH UP, FTD, FTD CATCHUP (MY Favorites)

Or Right Arm with Left arm in front and vice versa

3 Strokes ~ balance face up w/6 kicks 600/600

SET 1   
**4 X 75** BUILD @ 1:05 (about 10 sec rest)  
**3 X 100** NEGATIVE SPLIT @ 1 :25 (about 15 sec rest)  
**2 X 125** PULL @ 1:45 (about 15 sec rest)  
**3 X 100** DESCEND @ 1:30 (about 20 sec rest)

Go for it on #3, Use the 1st 3 kicks to recover,

Give # 4 a SOLID Effort  
**4 X 75** KICK @ 1:30 (about 10 sec rest) 1450/2050

SET 2  
**6 X 100** Distance Pace @1:25 (about 10 sec rest)

Masters Minute Rest   
**600** 1 EZ 1 HARD, 2 EZ 2 HARD, 3 EZ 3 HARD, 3 EZ 3 HARD

2 EZ 2 HARD, 1 EZ 1 HARD   
Masters Minute Rest  
**6 X 75** DP-2 @ 1 : 05 (about 10 sec rest) 1650/3700

10 Minute Floaty Time or

**?? x 50** SWAM AS

**2 X 50** ON :60

**2 X 50** ON :55 ETC……

TILL YOU CAN’T MAKE IT.

DO 1 MORE EZ, YOU’LL DO 12 IF YOU MAKE :35 TWICE

Warm Down or

**Bonus Set** 25 UW Dolphin, 25 **EZ**, 25 NB ~ Repeat ??