WARM UP **300** CHOICE 300/300  
  
SET 1   
**3 X** THIS SET:

**50** DRILL @ 0 : 50 (~ 10 sec rest)  
**50** DRILL/SWIM @ 0 : 45 (~ 8 sec rest)  
**50** KICK @ 1 : 00 (~ 10 sec rest)  
**50** KICK/SWIM @ 0 : 55 (~ 10 sec rest) 600/900

SET 2   
**100** DP @ 1 : 30 (~ 15 sec rest)  
**75** BUILD @1 : 05 (~ 10 sec rest)  
**50** DRILL/SWIM @0 : 45 (~ 10 sec rest)  
**1 x 25** STROKE HARD @0 : 35 (~ 20 sec rest) 250/1150

**100** DP-1 @1 : 30 (~ 15 sec rest)  
**75** BUILD @1 : 05 (~ 10 sec rest)  
**50** DRILL/SWIM @0 : 45 (~ 10 sec rest)  
**3 x 25** STROKE HARD @0 : 35 (~ 20 sec rest) 300/1450

**100** DP-2 @1 : 30 (~ 15 sec rest)  
**75** BUILD @1 : 05 (~ 10 sec rest)  
**50**  DRILL/SWIM @0 : 45 (~ 10 sec rest)  
**5 x 25** STROKE HARD @0 : 35 (~ 20 sec rest) 350/1800

**100** DP-3 @1 : 30 (~ 15 sec rest)  
**75** BUILD @1 : 05 (~ 10 sec rest)  
**50** DRILL/SWIM @0 : 45 (~ 10 sec rest)  
**7 x 25** STROKE HARD @0 : 35 (~ 20 sec rest)

**100 EZ** 500/2300

**500** Swim or Pull Focus on good form and **LONG** streamlines 500/2800

**100** Kick EZ

**100** Make it a Good one 200/3000

**200** or so Warm Down