WARM UP

1 X 300 SWIM

2 X 250 #1 KICK/SWIM BY 50 0:30 Rest

 #2 DRILL/SWIM BY 50 (CATCH UP/FTD/FIST/ZIPPER YOU PICK)

 (500/800)

3 X 200 1ST AND LAST 25 STROKE REST FREE (600/1400)

4 X 150 PULL (600/2000)

5 X 100 DESCEND (500/2500)

6 X 50 LANE CHOICE (300/2800)

7 x 25 KICK (175/2975)

125 + Swim warm Down

All on the same Base per 50, Lane Choice

0:45 Base 200=3:00, 150=2:15, 100=1:30, 50=0:45

0:50 Base 200=3:20, 150=2:30, 100=1:40, 50=0:50

0:55 Base 200=3:40, 150=2:45, 100=1:50, 50=0:55

1:00 Base 200=4:00, 150=3:00, 100=2:00, 50=1:00

1:10 Base 200=4:40, 150=3:30, 100=2:20, 50=1:10