**Warm Up:**

S-300 K-200 P-200

**Set I:**

PULL 6 X 75 @ 10 SEC REST

 - ALTERNATE 50 SMOOTH / 25 BUILD-UP

SWIM 6 X 25 @ 10 SEC REST

 - ALTERNATE 25 SMOOTH / 25 BUILD-UP

**Set II:**

 4 X 200

 - Set an interval that gives you about 25 sec rest after 1st 200

 - descend 200's 1-4

 \*\*\*\* STROKE SWIMMERS(FLY,BACK,BREAST,IM)HAVE THE OPTION OF DOING

 150's USING A 200 FREE INTERVAL

**Set III:**

SWIM 8 X 25 WITH 10 SECREST

 - Use as a recovery set

**Set IV:**

SWIM 2 X 400

 \*The main emphasis on this set is to practice the "BREAKOUTS"

 for all four strokes.

 \*The first 100 we will practice 4 butterfly breakouts. Push off the

 wall underwater, dolphin kick(2 or 3), stroke to the surface, take

 two more strokes, then switch to easy freestyle until the next wall.

 \*Repeat for 4 backstrokes breakouts, 4 breaststroke, and four free.

 \*Rest and then repeat 400.

 WARM DOWN 100 TOTAL 3,200