**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