

## **warm up (600)**

400 Choice @ :30 rest

200 Drill Choice

## **distance pyramid (2,000)**

100 Choice @ :30 rest

500 Free @ :30 rest - *hold base avg. pace*

100 Choice @ :30 rest

400 Free @ :30 rest - *hold base avg. pace*

100 Choice @ :30 rest

300 Free @ :30 rest - *hold base avg. pace*

100 Choice @ :30 rest

200 Free @ :30 - *rest hold base avg. pace*

100 Choice @ :30 rest

100 Choice @ 2:00 rest

## **Cool Down**

200 EZ