

Focus: Distance Free and Back

Warm-up

4 x 100 By 25's Free, Kick, Scull, Free (400)

Distance Free

4 x 50 Free	R:20	
4 x 25 Back	R:10	
1 x 100 Pull Free	R:30	
4 x 100 Free	R:30	
3 x 100 Back	R:30	
2 x 100 Free	R:30	
1 x 100 Pull Free	R:30	(1400)

Warm-down: (5:40)

200 Choice