

Focus: Aerobic Free

Warm Up: (600)

200 Free

200 Back

200 Pull

Odd Set Free/Even Set Kick (300)

4x (3 x 25) (fins?) R:10

1x 25 Long Dog Paddle/Sidelying Kick nose up

1x 25 Triple Switch/Sidelying Kick w/breathe

1x 25 Perfect Free or Back - DPS

Main: (1000)

4 x 50 Choice R:05

1 x 200 Free R:20

6 x 50 Choice R:10

1 x 300 Free R:30

Determine Distance: (5:50pm)

1 x 10 Minute Swim

Cool Down:

1 x 200 EZ Choice