

Base May-hem: 200's

Wednesday & Thursday

WarmUp (600)

600 SKiPS (150 each Swim, Kick, Pull, Swim)

Drill 3x thru: (600)

4 x 50 Choice R:20"

R1 Free Breath every 3-5-5-3 by 50's

R2 Free DPS

R3 Non-Free DPS

200's: (1,000)

2 x 200 Free- Watch your time R:20"

2 x 100 NonFree R:20"

4 x 50 Odd 50's Pull/Even Kick R:15"

8 x 25 Fast Kick - R:15"

CoolDown Choice: (5:50)

25 Free/50 Free B3/75 Free 3's/

75 Free B3/50 Free 3's/25 Free (300)