

## May-hem: 200's

Wednesday & Thursday

**WarmUp** (600)

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

**Drill 3x thru:** (600)

4 x 50 Choice @:50/:55/:60

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

R2 Free Descend 1-4

R3 RIMO

**2x or 1x thru:** (2,000/1,000)

2 x 200 Free- Build to fast finish @3:30/4:00

2 x 100 Fast @1:30/1:50

4 x 50 Odds Fast/Even Ez @:55/:60

8 x 25 Fast - @:45

Odds Fast NonFree/Evens Free

**CoolDown Choice: (5:50)**

25 Free/50 Free B3/75 Free B5/

75 Free B5/ 50 Free B3/25 Free (300)

- or-

3 x 150 RIMO (no fly) (50 kick, 50 fist, 50 swim)

(450)