

Base: Aerobic Free and Back

Friday

Warm Up:

200 Free

200 Kick

200 Pull

(600)

Odd Set Free/Even Set Back

4x (4 x 25) R:10

1x 25 Fist Swim

1x 25 Right Arm Free/Back

1x 25 Left Arm Free/Back

1x 25 Perfect Free/Back Match DPS (400)

Main: (Swim til 5:45pm)

8 x 25 Free/Back R:05

1 x 200 Free DPS R:20

4 x 50 Free/Back R:10

1 x 200 Free DPS R:20 (800+/-)

Timed Swim: 5:45pm

200 timed swim

Cool Down:

1 x 200 EZ Choice