

**Base: Endurance Non-Free & Free
Wednesday & Thursday**

Warm up:

R:15"

200 Swim

200 Kick - mix

4 x 25 Back - DPS

4 x 25 Breast - DPS

1 x 50 Ez Recovery

(650)

Non-Free and Free Swims: Pick one set-

1 x 500 Free

1 x 400 Non-Free (100's Drill & Swim)

1 x 300 Free

1 x 200 IM

1 x 100 Free

(1500)

1 x 300 Free

1 x 200 Non-Free (50's Drill & Swim)

1 x 100 Free

1 x 200 Non-Free

1 x 100 Free

(900)

Cool down:

200 Choice