

Base: Free Repeats plus 50's Monday & Tuesday

Warm up

200 Swim	R:15"	
200 Kick	R:15"	
200 Pull	R:15"	(600)

Drill Sets: Breaststroke (5:10-5:20pm)

Free repeats & 50's

1 x 200 Free	R:15"	
breathing every 3-L2'sR2's-3-L2'sR2's by 50's		
4 x 50 DPS Stroke	R:10"	
1 x 200 Free	R:15"	
breathing every 3-L2'sR2's-3-L2'sR2's by 50's		
4 x 50 DPS Stroke	R:10"	
1 x 200 Free	R:15"	
breathing every 3-L2'sR2's-3-L2'sR2's by 50's		
4 x 50 DPS Stroke	R:10"	(1200)

Bonus Set: Timed Swim or Relay?

Cool down: (5:55) 300 EZ Recovery