

Base: Friday 200's & 100's

WarmUp

4 x 150 SKiPS (Swim, Kick, Pull, Swim) (600)

200's and 100's:

2 x 200 Free- Steady DPS R:20"

2 x 100 Stroke Choice R:10"

4 x 50 Fast Kick w/board R:20"

8 x 25 Fast - @:45

Odds Fast NonFree/Evens EZ Free

2 x 100 Stroke Choice R:10" (1,000)

Cool Down Choice: (5:55)

6 x 50 Lengthen, stretch, scull, Ez recovery