

## **Base: ESP (Endurance, Strength, Power)**

**Monday & Tuesday**

### **Warm Up:**

200 Swim + 200 Kick + 200 Pull (600)

### **3x thru: Power Set (re-group 5:15)**

Fartlek Kicks:

20" Strong + 20" All Out + 20" Strong  
1 x 50 Ez Recovery - Repeat above (100+)

### **3x thru: Strength (re-group 5:30)**

3x 50's "Golf" DPS + Time  
Vertical Kick Choice - 30" Ez Recovery -  
Repeat above (450+)

### **1x thru: Endurance**

1 x 100 R:05  
1 x 200 R:10  
1 x 300 (600)

### **Cool Down: (5:55)**