

## **Base: Long Warm Up - Free & Non-Free**

Monday & Tuesday

### **WarmUp**

(600)

1 x 400 Swim Mix - 75 Free + 25 Kick

1 x 100 Pull Mix

2 x 50 Kick (fins?), descend - WU legs

### **Free & Non-Free Mix:**

(1000)

1 x 200 R:15"

50 Back + 100 Free DPS + 50 Back

1 x 100 EZ Recovery Choice R:20"

1 x 200 R:15"

50 Breast + (4 x 25 Fast Kick) + 50 Breast

1 x 100 EZ Recovery Choice R:20"

4 x 50 Kick Back & Breast R:10"

4 x 50 Pull paddles & buoy R:05"

### **Cool Down:**

(150)

25 Free + 50 Free B3 + 50 Free B3 + 25 Free