

**Focus: Broken 200's & Controlled Effort**      **Tuesday**

**Warm Up:**

150 Swim

150 Kick

150 Pull (450)

8 x 25 @ base -:05 or R:05 (200)

Odd 25 Breast or Fly/Even 25 Free or Back

**Broken 200's:**

4 x 50 @ base or R:10

25 Fist Swim/25 Swim (200)

2 x 100 @ base +:10 or R:10

75 Free/25 Best Non-Free Fast (200)

2 x 100 Fin Kick R:15

Negative Split

(200)

1 x 200 BEST EFFORT (200)

**Cool Down:**

1 x 200 EZ Choice (200)