

Base: Broken 200's and Steady Pacing **Monday**

Warm Up: No equipment

200 Swim

100 Side Kick (triple switch + 8 kick)

4 x 50 (25 free + 25 Back) (500)

2x (8 x 25) R1-Free & R2-Back

R1: Odd Finger tip drag/Even Fist Swim

R2: Odd "Touchdown"/Even Fist Swim (400)

Broken 200's:

4 x 50 R:10
25 Fist Swim/25 Swim (200)

4 x 50 R:10
75 Free/25 Best Non-Free Fast (200)

2 x 100 Odd Kick/Even Pull R:15 (200)

2 x 200 BEST EFFORT each repeat (400)

1 x 100 EZ Choice (100)

Re-group at 5:40pm within lane pods

1 x 10 minute swim — track your distance