

Base: Distance Kick & Pull

Monday & Tuesday

Warm up:

200 Swim Choice

100 (50 Fist Swim + 50 Catch Up)

150 Swim Choice

100 (50 Fist Swim + 50 Catch Up)

100 Swim

100 (50 Fist Swim + 50 Catch Up) (750)

1x thru: Kick & Pull

3 x 100 (50 Kick + 50 Swim) R:15"

2 x 100 DPS R:15"

1 x 200 Pull R:20"

2 x 200 (150 Steady + 50 Fast) (1100)

1x thru:

1 x 200 Ez Choice

6 x 50's Odds Ez + Evens Fast (500)

Cool Down:

3 x (50 Free + 50 Back) – Swim, kick, pull choice