

Base: Distance Kick & Pull

Tuesday & Wednesday

Warm up:

200 Swim Choice

100 (50 Fist Swim + 50 Catch Up DPS)

200 Swim Choice

100 (50 Fist Swim + 50 Catch Up DPS) (600)

Kick & Pull

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

2 x 100 DPS R:15"

1 x 200 Pull R:20"

2 x 100 (50 Steady + 50 Fast)

1 x 200 (50 Kick + 50 Swim) (1000)

1x thru:

1 x 100 Ez Choice

6 x 50's Odds Ez + Evens Fast

1 x 100 Ez Choice (500)

Cool Down:

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