

***FreeStyle w/Murph  
Monday & Tuesday***

**Warm-Up (800 yards)**

- **200 yards:** Easy swim (choice)
- **4 x 50 yards:** Build each 50 (@1:00)
- **4 x 100 yards:** IM (@2:00)

**Drill Set (600 yards)**

- **4 x 50 yards:** Single-arm freestyle (@1:15)
- **4 x 50 yards:** Catch-up freestyle (@1:15)
- **4 x 50 yards:** 3-3-3 drill (@1:15)

**Main Set (1600 yards)**

- **5 x 200 yards:** Freestyle (3:30 interval)
  - 1-3: Moderate pace
  - 4: Fast (aim for a sprint)
  - 5: Recovery swim, easy pace
- **4 x 100 yards:** Descend (@2:00)
- **4 x 50 yards:** ALL OUT (@1:15)

**Cool Down (300 yards)**