

# 1 Hour Swim - Mix & Match

## Warmup

300 Swim: 100 Free, 100 non-Free, 100 Free

(300)

## Main Set (600 Free, 300 Choice, broken in various iterations)

3 x 200 Free

3 x 100 Choice

(900)

6 x 100 Free

2 x 150 Choice

(900)

2 x 300 Free

3 x 100 Choice

(900)

1 x 400 Free, 1 x 200 Free

2 x 150 Choice

(900)

6 x 100 Free

3 x 100 Choice

(900)

2 x 300 Free

1 x 300 Choice

(900)