

1 Hour Swim - Repeat Pyramids

Warmup

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

(300)

Main Set

(2 / 3 / 4)x Repeats

1 x 50 Free

1 x 100 Free

1 x 150 Choice

2 x 200 Free

1 x 150 Choice

1 x 100 Free

1 x 50

(2000 / 3000 / 4000)