

Warm Up:

300 free

200 kick

200 IM drill

200 Pull

(900)

Main:

6 x 100 Pull @ 75% effort

R :10

or - 3 x 200 Pull

(600)

4 x 25 Fast (max effort) Stroke Choice

R :10

1 x 200 EZ

(300)

8 x 75 odds kick, drill, swim IM order
evens choice

R :15

(600)

4 x 50 Kick, best average

R :30

1 x 200 EZ

(400)

4 x 50 Fast Free

R :10

(200)

Warm down