

Monday 4/21

Warm-up: 150 of each swim-kick-pull-swim 600

Pre-set: 8x50's
Odds are kick on 1:15
Evens are swim on :55 400/1000

Main: 4x200 free pace set :15 RI sec rest 800/1800

8x50's 400/2200
Odds are pull on 1:00
Evens are swim on :55

4 x 100 free pace set :15 RI 400/2600

9 x50s :10 RI 450/3050
Swim/Kick/Pull

Cool-down: 200 EZ