

## Goal: 30 Minute Effort

Wednesday & Thursday (8/27 & 8/28)

### Warmup

200 swim

4 x 50 Kick @ 1:00 / 1:10 / 1:20

10 x 25 Drills:

1-5: YMCA

6-10: Shark

8 x 50 @ 1:00 / 1:10 / 1:20

Odds freestyle, Evens non-free (1050)

### Main Set - Regroup

30:00 effort (variable distance)

### Bonus Set

*Floating IM pyramid (repeat 2x if time allows)*

25 Fly

50 Fly/Bk

75 Fly/Bk/Br

100 IM

75 Bk/Br/Fr

50 Br/Fr

25 Fr (400 / 800)

### Cooldown

2 x 50 "silent" swim (200)