

Hunkie Doorie Hundos

Freaky Friday

Warm-Up (600 yards)

- 300 (100 free / 100 kick / 100 choice)
 - 6x50s IMO transitions (fly-back, back-br, br-free)
- (600)

Hunkie Doorie Hundos (1700 yards)

- | | |
|---------------------------|-------------------|
| 1. 3x100 Free Descend 1-3 | on 1:25/1:45/1:55 |
| 2. 3x100 IM Descend 1-3 | on 1:35/1:55/2:15 |
| 3. 1x100 EZ Choice | on 2-3min |
| 4. 1x100 Fly | on 1:45/2:00/2:15 |
| 5. 1x100 Back | on 1:35/1:55/2:15 |
| 6. 1x100 Breast | on 1:45/2:00/2:15 |
| 7. 1x100 EZ Choice | on 2-3 min |
| 8. 3x100 IM Descend 1-3 | on 1:35/1:55/2:15 |
| 9. 3x100 Free Descend 1-3 | on 1:20/1:45/1:55 |

(2300)

----- 1 x 200 Rest EZ like a cute little turtle -----

(2500)

Main Set 2:Power 50s (500 yards)

- **3x50s** on :50/:55/1:00
- **3x50s** on :45/:50/:55
- **3x50s** on :40/:45/:55
- **1x50** ALL OUT BABY

(3000)

Warm Down :)