

December 100s!

Build by adding 10 each week!

Friday

Warmup - 600 yds

- 300 swim
- 150 kick-swim-kick change by 50s
- 150 pull-swim-pull change by 50s

1st Main Set - 1,000 yds

- 10 x 100 free, Choose you interval by lane.

2nd Main Set - Jim Hates 200s - 1,050 yds

- 4 x 50 Non-free 10 sec. rest
- 3 x 100 IM 15 sec. rest
- 2 x 150 Free 20 sec. rest
- 1 x 250 Free

Bonus Set - 600 yds - Sorry Jim

- 3 x 200, Choice, IM, Free 30 sec. rest

Cool Down - 200 yds