

December 100s! - Build by adding 10 each week!

Friday's w/Coach Chris

Warmup - 600 yds

- 300 swim
- 150 kick Fly, Back, Breast
- 150 pull Fly, Back, Breast

1st Main Set - 2,000 yds

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

Bonus Set - 100 Potpourri - 1,000 yds

- 2 x 100 IM 15 sec. rest
- 1 x 100 Worst Stroke
- 1 x 100. Worst Kick
- 1 x 100. Worst Pull
- 1 x 100. Best Stroke
- 1 x 100. Best Kick
- 1 x 100. Best Pull
- 2 x 100. IM

Cool Down - 200 yds