

December 100s!
Build by adding 10 each week!

Friday's w/Coach Chris

Warmup - 300 yds

- 200 swim
- 100 kick

1st Main Set - 3,000 yds

- 30 x 100 free, Choose your interval by lane
- Consider changing the middle 10 x 100 by changing interval, stroke, pull, etc.

Bonus “Stretch Set” - 400 yds

- 100 breast
- 100 back
- 100 fly
- 100 IM

Cool Down - 300 yds