

December 100s!

Build by adding 10 each week!

December 26

Warmup - 200 yds

- 200 swim

Main Set - 4,000 yds

- 40 x 100 free, Choose your interval by lane
- Warm up and cool down can be integrated into 40 x 100s
- Mix it up!
- Rotate lead every 5!
- Change the interval within the set!
- Add a pull buoy or paddles!
- Have fun!
- Find your Zen state...Om...

Cool Down - 200 yds