

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

**January 2, 2026**

**Warmup - 200 yds**

- 200 swim

**Main Set - 5,000 yds**

- 50 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**