

# **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**