

## Warm Up:

2 x 300 Maximize streamlines off Wall

12/10 x 25 Fast Kick w/board @:45/:55/1:05

## **2x thru: Endless 50's - R1 Free, R2 Non-Free**

How many 50's can you maintain?

(Mod 75%-80% to Max 90%-95% Effort)

Swim 1 x 50 at Mod or Max effort for time.

Add 5 seconds to timed effort, maintain that interval + 5 seconds for send off time. Missed your interval - reset with kick recovery - start set over

1-5x 50's (You Got This! - keep going >{{">)

6-10x 50's (Awesome!! - can you do better?)

11-15x 50's (Wowsa!!! - move over Michael Phelps)

## **Bonus:** 600 Pull Negative Split

1st 300 70%-75%/2nd 300 85%-90%

## **Double Bonus:** 8 x 75 @1:05/1:15/1:20/1:30

Sprint the last 25

## **Cool Down:** 200 Ez "Silent Swim"