

Potpourri 200s

Terrible Thursday

Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice (300)

Main Set 1 “Potpourri 200s” (2800 yards)

- 1x200 Free Build on 2:50/3:10/3:30
- 1x200 Back on 3:15/3:30/3:45
- 1x200 Free PULL on 2:50/3:10/3:30

- 1x200 Breast on 3:30/3:45/4:00
- 1x200 IM on 3:15/3:30/3:45
- 3x200 Free (just make it) on 2:45/3:10/3:30

- 1x200 Free PULL on 2:50/3:10/3:30
- 2x200 IM on 3:15/3:30/3:45
- 3x200 Free on 2:45/3:10/3:30

If you have time, start a second round :)

(3100)

Warmdown

2x100 EZ Choice

(3300)