

*Lordy, Lordy Karlyn is 40!
In celebration, she wants to do a 4000!*

Karlyn: CAN YOU DO BOTH?!

Test Set Option 1

20x200s on 3:00/3:15/3:45

- 5 Swim, 5 Pull w/ paddles, 5 Swim, 5 Pull w/ paddles
- If you like, take a “master’s minute” (1:00 rest) between each group of five 200s.

(4000)

Test Set Option 2

10x100s Swim	on 1:30/1:45/2:00
1x500 cruise	on 7:30/8:45/10:00
10x100s Pull w/ Paddles	on 1:30/1:45/2:00
1x500 cruise w/ Paddles	on 7:30/8:45/10:00
10x100s Swim	on 1:30/1:45/2:00

Some notes on these test sets:

1. You are welcome to take a masters minute after the 500 cruises on Test Set 2
2. Without masters minutes, everything in each set is timed to precisely an hour for the shortest interval on each set.
3. Think about your baseline, and the 15 additional minutes you have in our practice.