

February 100s!

February 6

Warmup (200s are really 2 x 100 without rest) - 600 yds

- 200 swim
- 200 kick
- 200 pull

Themed 100s - 900 yds

- 3 x 100 Build
- 3 x 100 Desend
- 3 x 100 Steady

Main Set- - 1,500 yds

- 300 (first 100 fastest) 30 sec. rest for all
- 300 (second 100 fastest)
- 300 (third 100 fastest)
- 300 (first and third 100 fast)
- 300 (best time)

Cool Down - 300 yds