

February 100s

Off to a good start! - Friday, February 13

Warmup - 600 yds

- 200 swim
- 200 kick
- 200 pull

Starts - Deck & Block - Chris & Michael - 300 yards

Individual Starts - 6 x 50s (Start and swim 50 - 2 lanes start and sw, 2 lanes return)

13 x 100 - 1,300 yds (Pick interval by lane)

- 1 x 100 Strong
- 2 x 100 Fast- Timed
- 3 x 100 Recover - Pull - Strong
- 3 x 100 Strong - Pull - Recover
- 2 x 100 Fast - Times
- 1 x 100 Strong
- 1 x 100 Get Lucky for Friday the 13th - Best Non-Free

Sweetheart Swims - 600 yds

- 6 x 100 (Pair up and pick each other's stroke and time)

Cool Down - 200 yds