

Catch - first quarter

Monday & Tuesday

Warm Up: (1000 yds)

1 x 300	R:10"
1 x 200 Kick	R:10"
1 x 200 Catch-up; maintain kick	R:10"
1 x 100 DPS	R:10"
4 x 50 Free, descend 1-4	

Accelerators 2x thru: R:20" (600 yds)

4 x 25 Free* 1) 2 fast, 2) 4 fast, 3)6 fast, 4) 8 fast
1 x 100 Kick
1 x 100 Free, DPS

Pull & Kick 1x thru: R:30" (500 yds)

1 x 200 Pull w/paddles (light set-up -> EVF)
1 x 100 Kick, build
1 x 200 Pull w/paddles (light set-up -> EVF)

Accelerators 2x thru: R:20" (600 yds)

4 x 25 Free* 1) 2 fast, 2) 4 fast, 3)6 fast, 4) 8 fast
1 x 100 Kick
1 x 100 Free, DPS (2700)

Bonus: 2 x (50 Fly/50 Free) + 2 x (50 Back/50 Br)

Cool Down: 200 "Silent Swim"