

April - Going the Distance
Friday, April 3 - 3,400 yards

Warm Up - 600 yards

100 Kick
100 Pull
200 Swim
100 Pull
100 Kick

PreSet - IM - 600 yards

2 x 100 IM 30 sec. rest
1 x 200 IM
2 x 100 IM

Main Set - Distance Set - 1,000 yards

5 x 200 Free 20 sec. rest

Post Set - IM - 600 yds

2 x 100 IM. 30 sec. rest
1x 200 IM
2 x 100 IM

Cool Down - 600 yards

200 Pull
200 Swim
200 Pull