

**Breaking up is so hard to do****3450/2250****Warm up – Swim-Pull-Kick-Scull****600/550**

200/150 Choice @ :20 rest
 200/150 Pull @ :20 rest
 100/50 Kick @ :15 rest
 4/3 x 25 Scull @ :10 rest *scull concentrate on catch position*

Free/Pull: Broken Swims**1,800/ 1,100**

400/200 Pull Mod Pace - Broken at each 100 x 5 secs 30 secs rest
 4/3 x 50 Free @ :45/:50/1:00/1:20 **Descend** 1-4/1-3
 300/150 Swim Mod pace Broken at each 75 x 5 sec 30 secs rest
 4/3 x 50 Free @ :45 :50/1:00/1:20 **Ascend** 1-4/1-3
 200/100 Pull Mod Pace Broken at the 50 x 5 sec 30 secs rest
 4/3 x 50 Free @ :45/:50/1:00/1:20 **Descend** 1-4/1-3
 100/50 Swim Mod pace 30 secs rest
 4/3 x 50 Free @ :50/1:00/1:20 **Ascend** 1-4/1-3

Broken Stroke**900/450**

300/150 IM Broken at the 75 30 secs rest
 4/2 x 25 Favorite Non Free Stroke Up -tempo 20 secs rest
 200/100 IM Broken at the 50 x 5 secs 30 secs rest
 4/2 x 25 Least favorite stroke Up Tempo 20 secs rest
 100 IM Broken at the 25

Warm-Down (250)**Drill Choice 100** - Focus on good technique and then swim easy 150 choiceDistance: **2,950** Time: **0hr 59 min**