

Build your Appetite for Dinner or Breakfast!
Wednesday & Thursday Descends! (3300/1650)

Warmup: (600/300)

200/100 Freestyle

200/100 Choice -25 *Drill*/25Swim

200/100 Kick -50 *Non-Free*/50 *Free* (600/300)

Set 1: (1200/600)

4/2 x 50 Kick @ R:15

Odds: FAST, Evens: EZ

4/2 x 100 Pull @ base +:15

50 Build/50 descend from 1st 50

4/2 x 50 Kick @ R:15

Odds:FAST, Evens: EZ

4/2 x 100 Choice @ base +:15

50 Build/50 Descend from 1st 50. (1800/900)

Set 2: (1,300/650)

4 x 150/75 Free *DESCEND* 1-4 @ base +:20

4/2 x 25 Choice -Recovery @ R:15

2 x 150/75 Free *BUILD to FAST* @ base +:20

4/2 x 25 Choice -Recovery @ R:15

4 x 100/50 Free *FASTish* @ base +:20

4/2 x 25 Choice -Recovery @ R:15

(3100/1550)

Cool Down: (200/100)

200 - 50 Double Arm Back/50 Free Ez

(3300/1650)