Go the Distance **Monday Merriment**
(3100/1650)

<u>Warm up</u> (15 min) **(600/400)**
200/150 Choice
200/150 Pull
200/100 Kick @
Ad lib until 00:15

<u>Drill</u> **(300/150)**
6/3 x 50 Free DPS. Count strokes. ↓ 1 stroke count each 50 same time

<u>Set 1 Going the Distance</u> R:30s **(1600/800)**
400/200 Free - Mod pace
Change lane leader every 100/50
300/150 Broken every 75 for 5” Steady Pace
200/100 Broken every 50 for 5” Build each 50
300/150 Broken at the 150/75 for 10” Descend
400/200 1st 25 of every 100 is IM order

Set 3 Build your own IM **(400/200)**
4 x (100/50) Add stroke at the end in Reverse IM Order
100 Free
75 Free 25 Breast
50 Free 25 Back 25 Breast
25 Free 25 Fly 25 Back 25 Breast

Cool Down – 200/100 Ez Choice **(200/100)**