Potluck **Dicey Wednesday**

Warm up:
200 Swim + 200 Kick + 200 Pull
4 x 50 Odd Breast Kick, Even Dolphin Kick (900)

2x thru: #1) 200 Free, #2) 200 Back
100 Kick n/b + 50 6-3-6 + 50 DPS (400)

6 Swim Dice:
Red - Short Distance
Green - Long Distance
Yellow - Repeats
Pink - Stroke Sets - Choose one or both
Lilac - Pull, Kick or Drill Sets
Teal - Train Mode - KRUZ, PACE, AT (anaerobic threshold) or Max 100%

- Re-Group 6:55am or 5:45pm-

Buffet Choice:
1) 8+ x 25 @:40/:45/:55/:60
2) Relays?

Cool Down: 3 x 100 Choice - "Silent Swim"