

1/29/24

300 swim/drill/swim

200 kick

100 scull

50 back

4x (2x25 @:45 underwater

50 @1:00 stroke drill

50 @1:00 free drill

2x25 @:30 half fast)

2x (100 pull @1:45

150 back/breast/free @3:00)

7x50 @1:00

3-3/2-3/2-2/1-2/1-1/0-1/0-0 (try!!)

2x (4x100 kick @2:00 rotate fast 25)

Two different kicks

500 cool down split however you want

3600 yards

Optional Set:

3x (25 fly @:40

50 back @1:00

75 breast @1:30

100 free @1:30

75 breast @1:20

50 back @:50

25 fly @:30)

4800 yards