

Warm Up:	300 Breaststroke Sandwich (100 Free 100 Breast 100 Free)	300
Pre Set	8 X 50 free 1:00-1:20	700
400 Lung Buster	400 Freestyle Pull 1 st and 5 th 50----Breathe every 3 rd stroke 2 nd and 6 th 50---Breathe every 5 th stroke 3 rd and 7 th 50 ---Breathe every 7 th stroke 4 th and 8 th 50 ---Breathe every 9 th stroke	1100
Swim Straight Through (no board)	100 dolphin kick alternate sides each 25 100 dolphin kick with breast pull 100 3 breast kicks/1 butterfly pull 100 3breaststrokes 3 fly strokes	1500
Main Set	* 30-45 sec, rest after 400's 20 seconds between 100s. all 400's are @ 70%, with back half faster than front half, pass flags on every push off all 100's are descended by time with the last one FAST 400 free, 4 X 100 choice 400 free, 3X 100 free 400 free, 2 X 100 choice 400 free, 1 X 100 free	4100
Warm Down	4 X 50 Backstroke or Free	4300