

Warm Up:	400 free every 4 th 25 is choice	400
Pre Set	4 X 100 (swim off the block) Pick a partner who will count your strokes Each 100 reduce stroke count All four need to be the same stroke:30 seconds	800
Main Set	H= Race, R= Rest, B= Build, P= Pull *Mix up the H's with different strokes if you want 200—50 H, 10 R , 100 B, 10 R, 50 H 400—100 H, 10 R, 200 P, 10 R, 100 H 600—150 H, 10 R, 300 P, 10 R, 150 H 800—200 H, 10 R, 400 P, 10 R, 150 H	2800
	***100 ez back or breast.	2900
Kick Set	10 X 50 Kick with fins (if you have them) 25 underwater no breath fly or free kick 25 above water fly or fr kick	3400
Main Set II..	8 X100 stroke on 2:00 ** lots of rest... 1 st and 5 th 75 easy 25 heart 2 nd and 6 th 50 easy 50 heart 3 rd and 7 th 25 easy 75 heart 4 th and 8 th 100 Heart ☺	4200
Warm Down	4 X 50 Backstroke or Free	4400