

10 min warm up  
Vertical kicking:  
8x( :10 fast, :20ez)

3 Rounds: 28-30min  
1x200 broken off blocks  
r:10 @ 75, 50, 50, 25  
1x100 ez  
1x200 off blocks  
1x100ez

OR 40 min  
3 x 50 fly/back by 25  
@:50, :60  
1 x 100 IM @1:45, 2 (r:15-20)  
6 x 50 back/breast by 25  
1-3 @:50, 60  
2 x 100 IM@  
and faster than above @same  
9 x 50 breast/free by 25  
1-3 @:50, 60  
3 x 100 IM  
and faster than above @1:45, 2  
100 ez  
1 x 100 IM All Out off the blocks