

10 min warm up

12x25 @ 30, 35 BFEF

Opt 1: Fly fins optional

4x50 @ 1, 1:10(R-20)

50=rao/lao, 50=6str fist off walls, 50=2fl/2br, 50fr

6x25 Fly/fr golf descend @ 40, 45

1x150 fl @ 2:30, 3:00 (r:20)

4-6 uwdk off walls then 3-5 strokes fly

6x25 Fl desc @ 40. 1-2(fl), 3-fr, 4-5(fl), 6-fr

1x100 fly @ 2 (r:20)

perfect turns w/uwkd 6, 5, 4 3 strokes off each wall

6x25 fl, best avg. @ 40, 45

100 ez breast/free/bk

25 kick fl @ :30

50 k/dr fl @ 1

75 k/dr/s fl @ 1:30

100 ez free

50 fast fl

OPT 2: Free

1x150 free @ 2:10, 2:20, 2:30 (r:10-20)

3x50 drill @ 1 fist, catchup, 3-6-3

2x150 @ same

3x50 drill @ 1 fist, catchup, 3-6-3

3x150 @ same

3x50 drill @ 1 fist, catchup, 3-6-3

4x150 @ same

3x50 drill @ 1 fist, catchup, 3-6-3

200 (25 scull/25 smooth swim choice)

12x25 KICK @ :30, 40. 1/2!!! + 1/2 ez.

*fins optional