

## 10 min warm up

**Together**      **Preset: 12/10/8x25 @ 30, 35,40 BFEF**

### **Opt 1: Backstroke**

1x200 bk @ 3:15/3:45 (R-20)  
    50 fist, 50 3/6/3, 50 bk, 50fr  
3x50 Bk golf descend @ 1, 1:10  
1x150 bk @ 2:30, 3:00 (r:20)  
    4-6 uwdk on 1st/last 50  
3x50 Bk desc @ 1, 1:10  
1x100 bk @ 1:40, 2 (r:20)  
    perfect turns w/uwdk  
3x50 bk, best avg. @ 1, 1:10  
100 ez breast/free  
25 kick bk @ :30  
50 k/dr bk @ 1  
75 k/dr/s @ 1:30  
100 ez free  
50 fast bk

### **Opt 2: Free**

#### **2 Rounds**

4 x 50 smooth @ 50, 1 (r:15-20)  
1 x 50 strong @ 1, 1:10  
3x50 smooth @ 50, 1  
2x50 stronger @ 1, 1:10  
2x50 smooth @ 50, 1  
3x50 strongest @ 1, 1:10  
100 ez @ 2:30