

10 min warm up

2-3 rounds;

25kick @ :30, 35

25 drill @ :30, :35

2x25 desc @ :30, :35

Opt 1: Breaststroke

1x200 br @ 3:30/3:45 (R-20)

50-3k/1p, 50 2k/1p, 50 br, 50fr

3x50 Br golf descend @ 1, 1:10

1x150 br @ 2:40, 3:00 (r:20)

dbl pullouts on 1st/last 50

3x50 Br desc @ 1, 1:10

1x100 br @ 1:40, 2 (r:20)

perfect turns

3x50 br, best avg. @ 1, 1:10

100 ez backstroke

Opt 2: free/choice

8x100 @ r:10, best avg

150 ez back/br/drill

6x100 @ r:15, best avg (faster than above)

150 ez back/br/drill

4x100 @ r:20, best avg (faster than above)

150 ez back/br/drill