

#LFour sets

Warm up

4x125 Swim
200 Kick
4x25 Build

Pre Set

4x25 windshield wiper scull with buoy
4x25@RI=0:10 fly (1 stroke, 6 kicks)
4x50@RI=0:10 (Right, left, both)
4x25@RI=0:10 2 strokes fly, 2 strokes BR
100 (3 strokes fly off each wall, FR rest of way)

Main Set

5x100@1:50 Swim
0:30 vertical kick
5x100@1:45 Swim with fins
3x1:00 vertical kick with fins [0:45 kick, 0:15 rest]
5x100@1:40 Swim with fins and paddles
3x1:00 vertical kick [0:30, 0:20, 0:10]

Post Set

3x (Stroke by round: Fly, BR, FR)
3x50@1:00 Descend, 1-3
2x25@0:30 DPS Fly or BR

Cool Down

200 Choice EZ

3731 Yards -