

#LFive sets

Warm up

300 Every 3rd 25 breaststroke
3x100 (50 kick, 50 DPS)

Pre Set

4x25@RI=0:10	fist drill with paddles
4x25@RI=0:15	build with paddles
4x25@RI=0:10	finger tip drag
4x50@RI=0:15	triple switch
4x25@RI=0:10	swim
4x25@RI=0:15	choice drill

Main Set

2x500@7:00	Swim with fins
5x200@2:50	Pull with paddles
10x100@1:25	Swim

Post Set

4x50@1:00 (3 strokes non free off each wall)

Cool Down

4x50 Ez (25 choice, 25 double arm backstroke)