

# #LThree sets

## Warm up

300      Every 3rd 25 breaststroke  
4x50      (25 kick, 25 DPS)

## Pre Set

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

## Main Set

500@RI=0:30      Swim with fins  
3x200@RI=0:20      Pull with paddles  
10x100@RI=0:10      Swim

## Cool Down

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

3300 Yards