

#Five sets

Warm up

4x125 Swim

200 Kick

4x25 Build

Pre Set

4x25@RI=0:15 windshield wiper scull with buoy

4x25@RI=0:10 fly (1 stroke, 6 kicks)

4x50@RI=0:10 fly (25 drill, 25 swim)

100@RI=0:15 (3 strokes fly off each wall, FR rest of way)

4x25@RI=0:10 FR arms, fly kick [focus: catch and tempo]

100@RI=0:15 (3 strokes fly off each wall, FR rest of way)

Main Set

5x100@1:30 Swim

0:30 vertical kick

5x100@1:25 Swim with fins

3x1:00 vertical kick with fins in streamline [0:45 kick, 0:15 rest]

5x100@1:20 Swim with fins and paddles

3x1:00 vertical kick [0:30 Moderate, 0:20 Fast, 0:10 Sprint]

200@3:00 Swim

Post Set

4x 3x50@1:00 IM switchers

2x25@0:30 DPS Fly or BR

Cool Down

200 Choice EZ

4231 Yards