

# #LThree sets

## Warm up

200 Swim

4x25@RI=0:10 dolphin kick

100@RI=0:15 IM drill

## Pre Set

4x25@RI=0:15 Scull with buoy

4x25@RI=0:10 BR

4x25@RI=0:15 Scull with buoy

4x25@RI=0:10 triple switch

4x50@RI=0:15 (25 drill, 25 swim)

## Main Set

3x100@RI=0:15 IM

200@RI=0:20 (50 BK, 50 FR)

5x100@RI=0:10 Swim

200@RI=0:20 (50 BR, 50 FR)

3x100@RI=0:20 Fast

Masters Minute

4x25@RI=0:30 or shotgun Sprint

## Post Set

3x (Effort by round: 75%, 80%, 90%)

4x50@RI=0:10 Pull

## Cool Down

2x100 Ez choice

3400 Yards