

## #LTwo sets

### Warm up

200      Every 4th 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  
2x200@RI=0:20      Pull with paddles  
6x100@RI=0:10      Swim

### Cool Down

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

2600 Yards