

# #LFour sets

## Warm up

200 Swim

4x50@RI=0:10 dolphin kick

3x100@RI=0:15 IM

## Pre Set

4x25@RI=0:15 Scull with buoy

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

4x25@RI=0:15 Scull with buoy

4x25@RI=0:10 triple switch

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

## Main Set

2x200@4:20 IM

200@4:45 (50 BK, 50 FR)

5x100@1:50 Swim

200@4:00 (50 BR, 50 FR)

3x100@1:50 Fast

Masters Minute

4x25@0:45 Sprint

## Post Set

3x (Intervals by round: 0:50, 0:40, 0:45)

4x50 Pull

## Cool Down

2x100 Ez choice

3900 Yards