

#LFive 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

4x50@RI=0:10 triple switch

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

Main Set

4x200@3:30 odd FR, even IM

300@4:45 (50 BK, 100 FR)

7x100@1:30 Swim with paddles, hold best average

300@4:45 (50 BR, 100 FR)

3x100@1:30 Fast

Masters Minute

4x25@0:45 Sprint

Post Set

4x (Intervals by round: 0:50, 0:45, 0:35, 0:40)

4x50 Pull

Cool Down

2x100 Ez choice

5000 Yards -