

#LThree sets

Warm up

4x125 (100 Swim, 25 kick)

Pre Set

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

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

4x25@RI=0:10 (3 Right, 3 left, 3 both)

4x25@RI=0:10 (Right, Left, both)

100 (3 strokes fly off each wall, FR rest of way)

Main Set

5x100@RI=0:15 Swim

0:30 vertical kick

5x100@RI=0:15 Swim with fins

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

5x100@RI=0:10 Swim with fins and paddles

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

Post Set

2x

3x50@RI=0:15 IM switchers

2x25@RI=0:10 DPS Fly or BR

Cool Down

100 Choice EZ

3031 Yards -