

#LTwo sets

Warm up

4x125 (100 Swim, 25 kick)

Pre Set

4x25@RI=0:15 (12.5 windshield wiper scull with buoy, 12.5 pull)

4x25@RI=0:10 Fish on vacation

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

2x25@RI=0:10 (3 Right, 3 left, 3 both)

2x25@RI=0:10 (Right, Left, both)

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

Main Set

4x100@RI=0:15 Swim

0:30 vertical kick

3x100@RI=0:15 Swim with fins

3x1:00 vertical kick with fins [0:30 kick, 0:30 rest]

4x100@RI=0:10 Swim with fins and paddles

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

Post Set

50@RI=0:15 (25 fly, 25 bk)

2x 50@RI=0:15 (25 BR, 25 FR)

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

Cool Down

100 Choice EZ

2531 Yards