

#L Four sets

Warm up

300 Every 3rd 25 breaststroke
3x100 (50 kick, 50 DPS)

Pre Set

4x25@RI=0:10 fist drill with paddles
4x25@RI=0:15 build with paddles
4x25@RI=0:10 finger tip drag
4x50@RI=0:15 triple switch
4x25@RI=0:10 swim
4x25@RI=0:15 choice drill

Main Set

500@9:30 Swim with fins
4x200@3:45 Pull with paddles
10x100@1:45 Swim

Post Set

4x50@1:00 (3 strokes non free off each wall)

Cool Down

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

4000 Yards