

Warm Up

400 swim

4 x 100 kick @ kb

6 x 50: 2 @ b +10, 2 @ b +5, 2 @ b

1100

Set 1

2 x 50 @ b +20

100 @ b

2 x 50 @ b +20

200 @ b

2 x 50 @ b +20

300 @ b -5

2 x 50 @ b +20

400 @ b -10

2 x 50 @ b +20

500 FAST

2000

Warm Down

4 x 50 @ b +30â\200\224>No breath down, super easy back