

1. 600 WU

2. 8-12 x 75 Choice stroke: 25 drill, 25 swim, 25 build on 1:15-1:30

3. 8x25 Odds - 3 count drill on :40 , Evens - Minimize stroke count on :30

4. Main Set

Lane 6 (Wonkee)

400 swim on 5:40

100 easy on 2:20

2x300 swim on 4:00

100 easy on 2

3x200 swim on 2:30

100 easy on 3

4x100 swim on 1:10

Lane 5 (Nell, Smeds, Dave, Jose)

400 swim on 6:00

100 easy on 2:00

2x300 swim on 4:15

100 easy on 2:15

3x200 swim on 2:40

100 easy on 3

4x100 swim on 1:20

Lane 4 (Art, Laura, etc)

400 swim on 6:40

100 easy on 2:20

2x300 swim on 4:45

100 easy on 2:30

3x200 swim on 3:00

100 easy on 2

4x100 swim on 1:25

Lane 3 (Cheryl, etc)

400 swim on 7:20

100 easy on 2:40

2x300 swim on 5:15

100 easy on 2:30

3x200 swim on 3:20

100 easy on 2:40

4x100 swim on 1:35

Lane 1

200 swim

2x150

3x100

4x50

at increasing intensity as distance shortens

Learn/Practice Open Turns

5. Active Recovery  
8x75 on 1:20-1:30  
Odds - Bk/Fr/BK by 25  
Evens - Fr/Br/Fr by 25