Monday, August 31st at GAC – Back at the GAC!

Warm-Up (1500)

- 500 Free – 400 KOB w/ fins – 300 Fr Pull – 200 IM Swim – 100 Any Drill

Pre-Set (1200)

- 12 x 100's Kick (No Fins) @ 1:55

Main Set (2200)

- 4 x 150 Freestyle Strong/Fast @ 2:00 (Paddles/Sh Fins Optional)
- 50 EZ @ 1:30
- 1 x 50 Stroke Drill/Swim x 25 @ 1:30

- 3 x 150 Freestyle Strong/Fast @ 2:00 (Paddles/Sh Fins Optional)
- 50 EZ @ 1:30
- 1 x 100 Stroke Drill/Swim x 25 @ 2:00

- 2 x 150 Freestyle Strong/Fast @ 2:00 (Paddles/Sh Fins Optional)
- 50 EZ @ 1:30
- 1 x 150 Stroke Drill/Swim x 25 @ 3:00

- 1 x 150 Freestyle Strong/Fast @ 2:00 (Paddles/Sh Fins Optional)
- 50 EZ @ 1:30
- 1 x 200 Stroke Drill/Swim x 25

Post – Set (1000)

- 20 x 50 Kick (No Fins) @ :55

Cool-Down (400)

- 400 Swimmer Choice

Notes:

- 6300 total yards