Monday, Sept 7th at Green Valley

Warm-Up (1200)

- 400 Fr Swim – 400 KOB w/ fins – 400 Fr Pull

Pre-Set – Practice perfect swimming (800)

- 4x
  - 4 x 25's @ :35
    - #'s 1-3 UWDK on Back, Side, Stomach
    - #4 IMO Swim by Rd work breakout speed
  - 1 x 50 Fast Fr Kick w/ Board @ 1:05
  - 1 x 50 Freestyle swim over-kick @ :55

Main Set (1600)

- 4x
  - 1 x 150 Freestyle @ 2:30 (Paddles and Snorkel Optional)
  - 1 x 100 IM @ 2:00 (FLAG WARNING ONLY ONE SIDE!)
  - 1 x 50 Fr @ 1:00
  - 4 x 25's Stroke IMO by Rd (4 fly for Rd 1, 4 back for Rd 2….)

Post – Set (400)

- Fin Set:
  - 16 x 25's Work Breakouts
    - Odds Free 3-stroke NB full speed at breakout then EZ Free
    - Evens Back 3-stroke full speed at breakout then EZ Free

Post Set 2 (800)

- Pull Set:
  - 4 x 200's w/ paddles, snorkel, buoy, snorkel @3:15
    - Descend each 50 within all 200's
    - Also Descend 1-4

Cool-Down (200)

- 200 Swimmer Choice