Sunday Morning at GAC – February 28th

Warm-Up (1400)

- 600 Freestyle
- 400 Kick – NO FINS
- 400 FR Pull

Pre-Set (1200)

- 16 x 75's Kick w/ Fins
    - 1-4 KWB Flutter Descend @ 1:05
    - 5-8 KOB Flutter Descend @ 1:05
    - 9-12 KWB DK Descend @ 1:05
    - 13-16 KOB DK Descend @1:05

Main Set (2400)

- 4x
    - 4 x 25's KWB Fly/Br Only @ :30
        - Swimmer choice between fly or br
    - 1 x 100 IM or Stroke Swim @ 1:45

    - 4 x 25's KWB FR Only @ :25
    - 1 x 100 Free Swim @ 1:20

    - 4 x 25's KOB @ :30 (Work UWDK's)
    - 1 x 100 Backstroke @ 1:45

Post – Set (1200)

    - 4 x 300's Kick w/ fins @ 4:30

Cool-Down (200, 5 min)

- 200 Swim or Drills or Kick any equipment