**Orinda Aquatics Finals Theme Workout!**

**It’s “Final”ly Here!**

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| Final Option | Swim Equivalent |
|  **Prep for final**  | **3x300 Warm-up**  |
| **Last minute review**  | **3x3x50 Fr/Str@50–Bld Round** |
|  |  |
| Role Dice for Final Options!  |
| **1 – Sit in class and talk**  | **“Kick and Chat” 400** |
| **2 – Watch a Movie (EZ)**  | **Swim 600 Free (Snorkel)** |
| **3 – Pop Quiz**  | **1x200 Stroke with fins (quick)** |
| **4 –Test**  | **5x100 Free - FPSO** |
| **5 –Comprehensive Final**  | **1x800 IM fins – 90%** |
| **6 – No Final!**  | **Skip Round!** |

***After each round – swim 100 easy (walk to next class)***

***Six Rounds – One for each class!***

***Good Luck!***