**Wed 3/22 TRI GROUP**

**Warm-Up (800)**

400 Loosen

 +

8 x 50 w/Fins

1. 25 Balance Kick w/arms out front - 25 3-touch drill
2. 25 RSK - 25 3-touch Drill
3. 25 LSK - 25 3-touch Drill
4. Alpha Free – As big as possible

**Set 1: Capacity + Colors (2300/3100) A B C**

400→ 200 Smooth, 4x50s desc to Red 6:20 6:40 7:00

2 x 75 Big and Efficient w/low SC 1:10 1:20 1:30

2 x 100 (1 White, 1 Pink) 1:35 1:40 1:45

***-Rest 2 mins-***

350→ 150 Smooth, 4x50s Desc to Red 5:30 5:45 6:00

2 x 75 Big and efficient w/low SC 1:10 1:20 1:30

2 x 100 (1White, 1 Red) 1:35 1:40 1:45

2 x 50 Blue :60 :60 :60

***-Rest 2 mins-***

300→ 100 Smooth, 4x50s desc to Red 4:40 4:50 5:00

2 x 75 Big and efficient w/low SC 1:10 1:20 1:30

2 x 100 (1 White, 1 Blue) 1:35 1:40 1:45

2 x 50 Purple :60 :60 :60

Swim Down till you feel loose

**Colors Legend:**

White = 24-26 for :10 (HR 144 – 156)

**Pink** = 25-26 for :10 (HR 150 - 156)

**Red** = 27-28 for :10 (HR 162 – 168)

**Blue**  = 28-29 for :10 (HR 168 – 174)

**Purple** = 30+ for :10 (HR 180+)