**Wednesday 4-12 TRI GROUP**

**Warm-Up (800)**

400 – Last 25 of each 100 3-touch drill

 +

8 x 50 w/snorkel @ R/:10

1. 25 R Arm/25 Swim
2. 25 L Arm/25 Swim
3. UW Recovery/Swim
4. Build to wall

**2X (1600/2400)**

50-100-150-200 Big @ :55 Base + Stroke Count Hold

2 x 100 Swim @ 2:00 (75 Build/25 Hard OK)

2 x 50 Flutter Kick w/board @ 1:20

**9 x 100 Free (900/3100) – Fins and Pads Optional**

 4 @ 1:40 – 85% - Get Split and Hold

 3 @ 1:50 – At least :2 Faster Avg.

 2 @ 2:00 – At least :2 Faster Avg.

**Pull w/gear if Time. AMRAP**

100 Smooth – Long and Loose

50 (25 Fast and Powerful/25 EZ)