**Wednesday 5-10 TRI Group**

**Warm-Up (800)**

200 Swim (Stop in the middle every pass and go 4 bobs/bottom blasts)

12 x 50 @ R/:10

1. Pull w/paddles + Buoy
2. Swim + Breath Every 5
3. Kick w/board

**Colors/Threshold (2700/3500)**

3 x 200 White @ R/:20

2 x 150 Pink @ R/:30

2 x 200 White @ R/:20

2 x 100 Red @ R/:30

1 x 200 White @ R:20

2 x 50 Blue @ R/:30

6 x 100 @ 2:00

 ***Odds*** - Hold Stroke Count

  ***Evens*** - Purple

6 x 50 Fins @ :60

 ***Odds*** - EZ

 ***Evens -*** Build Speed to 35M/Head up to the finish

Swim Down till loose