**Maintenance Workout**

4 x 200 w/20 sec rest – 1 - free / 2 - IM (K/S) / 3 – free / 4 -IM (D/S)

4 x 150 w/15 sec rest – free w/snorkel – 1 – pull / 2 - swim / 3 – pull / 4 - swim

4 x 100 w/10 sec rest – 50 D / 50 swim negative split

4 x 50 w/5 sec rest – build to sprint

12 x 50 w/10 sec rest – 4 x 25fly/25bk – 4 x 25 bk/25br – 4 x 25br/25 fr

12 x 25 W/10 sec rest – 1 each stroke x 4 – underwater past flags

1 x 100 easy