**Optional Workout**

**WUP:** 200 S-K-I-P-S

300 IM K-D-S

1300/26 min.

**Kick:**

10 x 50 @1:00/1:05/1:10 Odds free, evens non free 500/11 min.

**Free:**

4 x 100 take :15 rest between each PULL-Breathing every 3, 5 by 50s

4 x 100 take :15 rest between each Swim-breathing every 3,7 by 50s 800/~15 min.