

WARM UP 1 (200FR)

3X 200 FR (3) smooth last 25 hard
4 x 50 fr high arm drill - ft drill (60)
8 x 25 (O) 16 mx kick ez swim (45)
(E) 15 mx un + bout
4 x 50 (o) 200 tt (6)
(e) ez

200 ez
(1.2)

warm up 2/3 (100 / 50)

1 x 200 ez
4 x 50 kick hard /drill (60)
8 x 25 (o) speed drill (45)
(e) last 10 mx

3 x 25 mx 60

1 x ez 60

200 ez

(.9x2 ==1.8) total

running total

warm ups 3k

swims 350

total = (3.350)