



Warm-up:

5-10 x 100 Swim, +10 sec rest

Last 25 of each 100 choice stroke.

5-10 x 100 Pull + 10 sec rest

Evens with paddles, Odds without

Main-set: Pyramid

**100 fins:** kick 25m right, front, left, back

**200 swim** (Focus: posture & alignment)

**300 pull:** 12 1/2 scull #1 + 12 1/2 doggy paddle + 25 swim. (Repeat 5x)

**400 swim** (Focus: catch set up)

**500 swim** deep water horizontal hover starts hard 25 + 50 easy +25 choice stroke. Repeat 5 times

**400 Swim** (Focus: good body roll)

**300 Fins:** (25 6/1/6 + 25 swim + 25 6/3/6 + 25 swim) Repeat 5 times

**200 Swim** (Focus: practice sighting)

**100 Fins:** PFQ (Pretty Flipping Quick!)

Cool-down: 500 easy choice swim

Distance: 4,000-5000