



Jump right in, no warm up on this one

Part 1	Part 2	Part 3	Part 4
4 x 400	4 x 300	4 x 200	4 x 100
1. Choice swim	1. Choice Swim	Each 200 as	Best average:
2. Pull	2. Pull	50 easy 50 moderate	Swim at the fastest pace you can hold for a 100s
3. Freestyle	3. Freestyle	50 hard 50 easy	+ 20 sec rest after each
4. Pull & paddles	4. Pull & paddles		Cool down as needed