

**Warm-Up: (1000) (or modify distance by level)**

300 Swim (Any stroke)

Do this 2x:

1x200 Free EZ Breathe every 3/5 @ 3:00

1x100 SAIL Drill @ 2:00

4 x50's FR fast @ :40 - :55 depends on group

**Pull Set (1000): (or modify amount by level)**

20 x 50's @ :55

Freestyle Pull w/ Snorkle OR

KB breathing pattern (Breathe 1 down/2 back)

**IM Set: (900) (or modify amount by level)**

9x 100's:

3 Rounds of this:

1 = IM ALL DRILL @ 1:50 (2:00, etc.) – FOCUS

2 = IM ALL SWIM @ 1:40 (1:50, etc.) - MODERATE

3 = Rd 1= Fly, Rd 2 = Back, Rd 3= Breast

Rd 4 = Free @ 1:30 (1:40, etc) – GO FAST HERE!

**Butterfly: 2000 Meters (or modify amount by level)**

Do 4x: (Lead group intervals 2:00, 1:30, 1:00, :30 – modify by level)

1 x 100 1-arm drill (hold every 2 breathing pattern) or ANY MARSH DRILL

Low cycle count/distance per cycle – long D-Kicks

2 x 75's Fly Swim – Kick-Drill-Build x 25

3 x 50's Fly Swim at 200 Temp o

4 x 25 Fly Sprints at 50/100 Tempo

**KICK Set: 1000 meters (or modify amount by level)**

5 x 200's Kick w/ Fins @ 3:20

As you finish, put fins on and kick – up to 5, but start with lead group -

**Sprint Finish Set: (400 Meters)**

16 x 25's Fins are OPTIONAL – Pulling all groups together for this set!!!

1-3 FAST @ :25

4 EZ @ :50

**COOL-DOWN:**

200 EZ – SHORT COURSE METERS