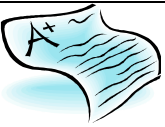


# Orinda Aquatics Finals Theme Workout!

## It's "Final"ly Here!

| Final Option                                                                                                            | Swim Equivalent                |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| Prep for final                         | 3x300 Warm-up                  |
| Last minute review                     | 3x3x50 Fr/Str@50-Bld Round     |
| <b>Role Dice for Final Options!</b>  |                                |
| 1 – Sit in class and talk              | "Kick and Chat" 400            |
| 2 – Watch a Movie (EZ)                | Swim 600 Free (snorkel)        |
| 3 – Quiz                             | 1x200 Stroke with fins (quick) |
| 4 –Test                              | 5x100 Free - FPSO              |
| 5 –Comprehensive Final               | 1x800 IM fins – 90%            |
| 6 – No Final!                        | Skip Round!                    |

*After each round – swim 100 easy (walk to next class)*  
*Six Rounds – One for each class! Good Luck!*

**"If we do not plant knowledge when we are young, it will not give us shade when we are old. Lord Chesterfield**