



**National
November 22**

Warmup	2 rounds	600
200 swim		
100 kick		
Pre-Set	1 round	800
4x100 free	(75 free/25 back) work on UW speed and breakouts	1:30
8x25	(2 fly/2 back/2 breast/2 free)	:30
8x25	free-odd build/even 3 touch drill	
Kick Set	3 rounds	1,200
6x50	kick odd tstone/fast, even fast/t stone	1:00
4x25	fast dolphin (back/front)	:30
Main Set	4 rounds	2,400
2x100	cruise with great technique	1:30
2x100	IM-descend 1-2	1:25
2x100	free-best average	1:20

Turns to Finish workout