

Sat, Oct 21, 23 8:30 AM - 9:55 AM • 3000 SCY

• Group: Saturday



1 x	1 x 300 @ 7:00	Free Swim	8:30 AM
	1 x 200 @ 5:00	Choice Kick	
	1 x 100 @ 3:00	IM Swim	
	6 x 50 @ 1:30	Choice Odds 25 Fast / 25 EZ Evens 25 EZ / 25 Fast	
2 x	1 x 25 @ 0:45	Choice Swim Build	8:56 AM
	1 x 25 @ 0:45	Choice Swim Blast	
	1 x 25 @ 0:45	Choice Swim Easy	
	1 x 25 @ 0:45	Choice Swim Fast	
1 x	1 x 200 @ 4:00	Free Swim	9:04 AM
	0:30	Put fins on	
	6 x 50 @ 1:00	Butterfly Kick Board & Fins	
	0:30	Take off fins	
	2 x 100 @ 2:00	Free Swim	
	0:30	Put on fins	
	6 x 50 @ 1:00	Free Kick Board & Fins	
	0:30	Take off fins	
	4 x 50 @ 1:00	Free Swim	
	0:30	Put on fins	
6 x 50 @ 1:00	Kick Board & Fins 25 Fly / 25 Free		
8 x	1 x 25 @ 1:00	Choice Swim Off Blocks Sprint to the 15m Mark / EZ the rest of the way	9:38 AM
	1 x 25 @ 1:00	Choice Swim Broad Jump to Controlled Speed / Sprint Finish	
