SWIM // 4000 // 3500 // 3000 STRENGTH + TOYS

WORKOUT SETS	GROUP A = 4000			GROUP B = 3500			GROUP C = 3000		
WARM UP	**600**			**600**			**600**		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
CHOICE	1	150	150	1	150	150	1	150	150
Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick	3	50	150	3	50	150	3	50	150
50 fly // 50 back // 50 breast // 50 free	1	200	200	1	200	200	1	200	200
Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick	2	50	100	2	50	100	2	50	100
MAIN SET	**3200**			**2700**			**2200**		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
100's NO TOYS // Descending time each rep // rest 10 sec between	5	100	500	4	100	400	3	100	300
100's + FINS // Descending time each rep // rest 10 sec between	5	100	500	4	100	400	3	100	300
100's + FINS + PADDLES // Descending time each rep // rest 10 sec between	4	100	400	4	100	400	3	100	300
100's + PADDLES // Descending time each rep // rest 10 sec between	4	100	400	3	100	300	3	100	300
100's + PADDLES + BUOY // Descending time each rep // rest 10 sec between	4	100	400	4	100	400	3	100	300
100's + BUOY // Descending time each rep // rest 10 sec between	5	100	500	4	100	400	3	100	300
100's NO TOYS // Descending time each rep // rest 10 sec between	4	100	400	3	100	300	3	100	300
Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick	2	50	100	2	50	100	2	50	100
COOL DOWN	**200**			**200**			**200**		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	200	200	1	200	200	1	200	200

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