


SWIM // 3500 // 3000 // 2500 DRAG LESS DRILL SETS

WORKOUT SETS									
GROUP A = 3500 GROUP B = 3000 GROUP C = 2500									
WARM UP	600			500			500		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 Freestyle	1	200	200	1	150	150	1	150	150
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
Freestyle	1	200	200	1	150	150	1	150	150
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
MAIN SET	2700			2300			1800		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
BALLET LEG KICK // 30 sec each side = 1 set // 30 sec rest between sets	3	0	0	3	0	0	3	0	0
Freestyle no toys	2	200	400	2	150	300	2	100	200
6/3/6 - 3 consecutive arm strokes // 30 sec rest between sets	5	100	500	5	100	500	5	100	500
Freestyle no toys	2	200	400	2	150	300	2	100	200
STREAMLINE/TORPEDO PUSH OFF // perform 6 push offs from floor = 1 set // 30 sec rest between sets	3	0	0	3	0	0	3	0	0
Freestyle no toys	2	200	400	2	150	300	2	100	200
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
Freestyle + pull buoy	2	200	400	2	150	300	2	100	200
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
Freestyle no toys	2	150	300	2	150	300	2	100	200
Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
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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