

Distance

3500 yards

Warm up	300	Choice
	3 X 100	25 drill + 25 swim and repeat (any stroke) R :10
	3 X 100	25 no free + 25 free R :10
	200 IM	25 drill + 25 swim

1100

Main Set <u>25- 75</u> Rest :05 - :10 <u>100- 175</u> Rest :10 - :15 <u>200- 250</u> Rest :15 - :20	25 Back Kick (no fins) 50 Breast Kick 75 Dolphin Kick (no fins) 100 IM Drill 125 Free with continuous kick 150 Build by 50 175 Odd lengths stroke 200 Snorkel or weak side breath 250 Pull Fastish <u>1 minute Rest</u> 250 Pull Fastish 200 Alternate Breat 175 Odd lengths stroke 150 Build within each 75 125 Odd lengths drill 100 IM 75 Backstroke Build 50 Breast work the underwaters 25 Fly Fast
Cool Down	100 ez

3500

Distance - opt. 2

2600 yards

Warm up	200	Choice
	2 X 100	25 drill + 25 swim and repeat (any stroke) R :10
	2 X 100	25 no free + 25 free R :10
	100 IM	25 drill

700

Main Set <u>25- 75</u> Rest :05 - :10 <u>100- 175</u> Rest :10 - :15 <u>200- 250</u> Rest :15 - :20	25 Back Kick (no fins) 50 Breast Kick 75 Dolphin Kick (no fins) 100 IM Drill 125 Free with continuous kick 150 Build by 50 175 Odd lengths stroke 200 Pull Faster <u>1 minute Rest</u> 200 Alternate Breath 175 Odd lengths stroke 150 Build within each 75 125 Odd lengths drill 100 IM 75 Backstroke Build 50 Breast work the underwaters 25 Fly Fast
Cool Down	100 ez

2600