

Distance - opt. 1 3500 yards

<b>Warm up</b>	5 X 100	Choice R :10- :15
	4 X 75	50 Kick, 25 drill R :10- :15 (FINS OK) IM order
	8 X 25	All Drill - R: 10 1 &2 Bow and Arrow 3&4 EVF 5 &6 Triple switch 7& 8 Your choice

1000

<b>Main Set</b> Rest 1:00 after each	400	Even tempo, every 4 <sup>th</sup> length DPS
	300	Pull buoy only - even tempo, Body Alignment
	400	Build within each 100 (1 <sup>st</sup> 25 of 100 Stroke)
	300	Snorkel or alternate breath, consistent kick
	400	50 moderate/50 faster (any stroke)
	300	Pull (paddles OK) Strong effort
	400	Fastest of the Day
<b>Cool Down</b>	100	Back, Breast or Free

3500

Distance - opt. 2 2750 yards

<b>Warm up</b>	4 X 100	Choice R :10- :15
	4 X 75	50 Kick, 25 drill R :10- :15 (FINS OK) IM order
	6 X 25	All Drill - R: 10 2 &2 Bow and Arrow 3&4 EVF 6 &6 Triple switch

850

<b>Main Set</b> Rest 1:00 after each	400	Even tempo, every 4 <sup>th</sup> length DPS
	300	Pull buoy only - even tempo, Body Alignment
	200	Build within each 100 (1 <sup>st</sup> 25 of 100 Stroke)
	400	Snorkel or alternate breath, consistent kick
	300	Pull (paddles OK) Strong effort
	200	Fastest of the Day
<b>Cool Down</b>	100	Back, Breast or Free

2750