

3-4 x [100 FR + 25 BK or BR + 25 KICK] @Rest:15
200-300 Pull

~FINS~

10 x 25 Kick @ :25/:30

O- Dolphin Kick

E- Flutter Kick

~FINS OFF~

50-100 Swim

6 x 75 @ 1:20-1:30

O- 25 Fist Drill + 50 FR

E- 25 Catch Up + 50 FR

4 x 125 @ Rest :15-:20

1-2 Pull

3-4 25 Kick + 100 Swim

6 x 50 @ 1:00-1:10

O- 25 OK Drill + 25 BK

E- 25 6 Kick & Switch + 25 FR or BK

4 x 125

1-2 50 BK + 75 FR

3-4 Choice

~FINS~

6-8 x 25 Kick @ :30 + Cooldown