

KC Wave Workout

11/15/2015

	HARD	HARDER	HARDEST	Time	Clock
Warmup	200 choice  200	300 choice  300	400 choice  400	:10	5:10
Set 1	50 Fly 150 Breast 100 Back 150 Free 200 IM  200 Free Relay (50 each)  50 Breast 100 Free 300 Free 50 Free 150 Back  1350	50 Fly 200 Breast 100 Back 200 Free 300 IM  200 Free Relay (50 each)  50 Breast 100 Free 400 Free 50 Free 200 Back  1700	50 Fly 200 Breast 100 Back 200 Free 400 IM  200 Free Relay (50 each)  50 Breast 100 Free 500 Free 50 Free 200 Back  1900	:40	5:50
Cool Down	150 easy  150	200 easy  200	200 easy  200	:05	5:55
Totals	1700	2200	2500		