

Equip: pull buoy, kick board

**“75+75+50”**

<b>Time/ Yards</b>	<b><u>Hard</u></b>	<b>Time/ Yards</b>	<b><u>Harder</u></b>	<b>Time/ Yards</b>	<b><u>Hardest</u></b>
5:00 1:30 5:00 450y	<b>200 swim 50 kick 200 pull</b>	4:00 3:00 4:00 500y	<b>200 swim 100 kick 200 pull</b>	3:30 4:00 3:30 600y	<b>200 swim 200 kick 200 pull</b>
1:40 1:40 1:30 5:00  1200y	<b>75 free ~60% 75 free ~80% 50 free 100%/sprint 200 free ^^^do this 3 times</b>	1:20 1:20 1:15 4:00 2:00 1350y	<b>75 free ~60% 75 free ~80% 50 free 100%/sprint 200 free 50 kick ^^^do this 3 times *stroke as needed</b>	1:10 1:10 1:05 3:30 3:00 1500y	<b>75 stroke ~60% 75 stroke ~80% 50 strke 100% 200 stroke 100 kick ^^^do this 3 times</b>
3:00 5:00 300y  1950y	<b>100 kick 200 pull, long stretching strokes</b>	4:00 4:00 350y  2200y	<b>150 kick 200 pull, long, stretching strokes</b>	4:30 3:30 400y  2500y	<b>200 kick 200 pull, long, stretching strokes</b>