

Equip: pull buoy, kick board

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Time/ Yards	Hard	Time/ Yards	Hard	Time/ Yards	Hard
10:00 500y	10 minutes: 100 kick, swim the rest of the 10 minutes *Finish on deep end	10:00 500y	10 minutes: 100 kick, swim the rest of the 10 minutes *Finish on deep end	10:00 500y	10 minutes: 100 kick, swim the rest of the 10 minutes *Finish on deep end
1:00 1:00 ^^^ 200y	*Pair up, alternate swim/dryland 50 free FAST, start on block Dryland ^^^do this 4 times 1.push ups (~30) 2.bent arm plank 3.push up+rotation (~30) 4.arm/chest choice	1:00 1:00 ^^^ 200y	*Pair up, alternate swim/dryland 50 free FAST, start on block Dryland ^^^do this 4 times 1.push ups (~30) 2.bent arm plank 3.push up+rotation (~30) 4.arm/chest choice	1:00 1:00 ^^^ 200y	*Pair up, alternate swim/dryland 50 free FAST, start on block Dryland ^^^do this 4 times 1.push ups (~30) 2.bent arm plank 3.push up+rotation (~30) 4.arm/chest choice
3:00 100y	3 min swim easy, no free	3:00 100y	3 min swim easy, no free	3:00 100y	3 min swim easy, no free
2:00 2:00 ^^^ 400y	*Pair up, alternate swim/dryland 100 free pull, start on block Dryland ^^^do this 4 times 1.superman hold 2.supermans (~60) 3.upward dog 4.back choice	2:00 2:00 ^^^ 400y	*Pair up, alternate swim/dryland 100 free pull, start on block Dryland ^^^do this 4 times 1.superman hold 2.supermans (~60) 3.upward dog 4.back choice	2:00 2:00 ^^^ 400y	*Pair up, alternate swim/dryland 100 free pull, start on block Dryland ^^^do this 4 times 1.superman hold 2.supermans (~60) 3.upward dog 4.back choice
3:00 100y	3 min swim easy, no free	3:00 100y	3 min swim easy, no free	3:00 100y	3 min swim easy, no free
1:00 1:00 ^^^ 200y	*Pair up, alternate swim/dryland 50 free FAST, start on block Dryland ^^^do this 4 times 1.curtsey lunge 2.Roman twist 3.jumtping squats 4.leg lifts	1:00 1:00 ^^^ 200y	*Pair up, alternate swim/dryland 50 free FAST, start on block Dryland ^^^do this 4 times 1.curtsey lunge 2.Roman twist 3.jumtping squats 4.leg lifts	1:00 1:00 ^^^ 200y	*Pair up, alternate swim/dryland 50 free FAST, start on block Dryland ^^^do this 4 times 1.curtsey lunge 2.Roman twist 3.jumtping squats 4.leg lifts
3:00 3:00 200y	200 free relay 200 medley relay 100 cool down	3:00 3:00 200y	200 free relay 200 medley relay 100 cool down	3:00 3:00 200y	200 free relay 200 medley relay 100 cool down

