## "Jump Right In!"

Equip: kick board

10:0050 front crawl, fingertip drag 50 flutter kick on front200yAlternate for 10 min1:1525 front crawl Get out, jump in 2:000:15Get out, jump in 2:5 flutter kick on back Get out, jump in 2:5 flutter kick on back Get out, jump in 2:000:15Get out, jump in 2:5 flutter kick on back Get out, jump in 2:5 flutter kick on back Get out, jump in 2:5 flutter kick on back Get out, jump in 2:005:00100 front crawl Since front crawl FAST 1 min tread water 7.5 front crawl ^^Do this 2 times5:00100 cool down choice, long, stretching 900y	Time/ Yards	Even Harder
200y50 flutter kick on front Alternate for 10 min1:1525 front crawl Get out, jump in 25 flutter kick on back0:15Get out, jump in 	10:00	-
Alternate for 10 min1:1525 front crawl0:15Get out, jump in2:0025 flutter kick on back0:15Get out, jump in1:1525 front crawl0:15Get out, jump in2:0025 flutter kick on back^^^Get out, jump in2:0025 flutter kick on back^^^Get out, jump in1:0025 flutter kick on back^^Get out, jump in1:00100 front crawl1:0025 front crawl FAST1:001 min tread water4:0075 front crawl^^Do this 2 times200y400y5:00100 cool down choice, long, stretching100ystrokes	200y	• • •
0:15Get out, jump in 25 flutter kick on back0:15Get out, jump in 1:151:1525 front crawl Get out, jump in 2:000:15Get out, jump in 2:002:0025 flutter kick on back Get out, jump in ^^Do this 2 times1:00100 front crawl 2:005:00100 front crawl 2:5 front crawl FAST 1 min tread water 7:5 front crawl ^^Do this 2 times2:00y100 cool down choice, long, stretching 1:001:00100 cool down choice, strokes	,	Alternate for 10 min
2:0025 flutter kick on back0:15Get out, jump in1:1525 front crawl0:15Get out, jump in2:0025 flutter kick on back^^^Get out, jump in100y^^^Do this 2 times200y100 front crawl5:00100 front crawl FAST1:001 min tread water4:0075 front crawl^^Do this 2 times200y100 cool down choice, long, stretching100ystrokes	1:15	
0:15Get out, jump in 25 front crawl0:1525 front crawl0:15Get out, jump in 25 flutter kick on back^^^25 flutter kick on back^^^Get out, jump in ^^Do this 2 times100y^^^ Do this 2 times5:00100 front crawl 25 front crawl FAST 1 min tread water 75 front crawl ^^ Do this 2 times200y100 cool down choice, long, stretching 100y5:00100 cool down choice, long, stretching		
1:1525 front crawl0:15Get out, jump in2:0025 flutter kick on back^^^Get out, jump in100y25 flutter kick on back^^^Get out, jump in100y^^^Do this 2 times200y100 front crawl1:0025 front crawl FAST1:001 min tread water4:0075 front crawl^^Do this 2 times200y400y5:00100 cool down choice, long, stretching100ystrokes		
0:15Get out, jump in 25 flutter kick on back Get out, jump in ^^^ Do this 2 times100y 200y100 front crawl 25 front crawl FAST 1 min tread water 75 front crawl ^^ Do this 2 times5:00 1:00100 front crawl 25 front crawl FAST 1 min tread water 75 front crawl ^^ Do this 2 times200y 4:00100 cool down choice, long, stretching 100y		
2:00 ^^^25 flutter kick on back Get out, jump in ^^Do this 2 times100y 200y^^^ Do this 2 times5:00 1:00100 front crawl 25 front crawl FAST 1 min tread water 75 front crawl ^^ Do this 2 times1:00 4:0075 front crawl ^^ Do this 2 times200y 400y100 cool down choice, long, stretching 100y		
^^^Get out, jump in ^^Do this 2 times100y 200y^^Do this 2 times5:00 1:00100 front crawl 25 front crawl FAST 1 min tread water 75 front crawl ^^Do this 2 times4:00 4:0075 front crawl ^^Do this 2 times200y 400y100 cool down choice, long, stretching 100y		
100y 200yA^ADo this 2 times5:00100 front crawl1:0025 front crawl FAST1:001 min tread water4:0075 front crawlA^ADo this 2 times200y 400y5:00100 cool down choice, long, stretching100ystrokes		
200y5:00100 front crawl1:0025 front crawl FAST1:001 min tread water4:0075 front crawl^^Do this 2 times200y400y5:00100 cool down choice, long, stretching100ystrokes		
5:00100 front crawl1:0025 front crawl FAST1:001 min tread water4:0075 front crawl^^Do this 2 times200y400y5:00100 cool down choice, long, stretching100ystrokes	,	Do this 2 times
1:0025 front crawl FAST1:001 min tread water4:0075 front crawl^^Do this 2 times200y400y5:00100 cool down choice, long, stretching100ystrokes	2009	
1:001 min tread water4:0075 front crawl75 front crawl^^Do this 2 times200y400y5:00100 cool down choice, long, stretching100ystrokes	5:00	100 front crawl
4:0075 front crawl ^^Do this 2 times200y 400y	1:00	25 front crawl FAST
200y 400y^^Do this 2 times5:00100 cool down choice, long, stretching100ystrokes		1 min tread water
200y 400y5:00100 cool down choice, long, stretching100ystrokes	4:00	
400y5:00100 cool down choice, long, stretching100ystrokes		^^^Do this 2 times
5:00 <b>100 cool down choice</b> , long, stretching 100y strokes	-	
long, stretching100ystrokes	400y	
100y strokes	5:00	-
5	100v	0, 0
	900y	