

“Jump Right In!”

Equip: kick board

Time/ Yards	<b><u>Even Harder</u></b>
10:00  200y	<b>50 front crawl, fingertip drag 50 flutter kick on front  Alternate for 10 min</b>
1:15 0:15 2:00 0:15 1:15 0:15 2:00 ^^ 100y 200y	<b>25 front crawl Get out, jump in 25 flutter kick on back Get out, jump in 25 front crawl Get out, jump in 25 flutter kick on back Get out, jump in ^^Do this 2 times</b>
5:00 1:00 1:00 4:00  200y 400y	<b>100 front crawl 25 front crawl FAST 1 min tread water 75 front crawl ^^Do this 2 times</b>
5:00  100y 900y	<b>100 cool down choice, long, stretching strokes</b>