

Equip: pull buoy

Partner Starts & Relays

Time/ Yards	Hard	Time/ Yards	Hard	Time/ Yards	Hard
2:15 2:15 2:00 375y	150 swim 150 pull 75 kick *Finish on deep end	2:30 2:30 2:00 475y	200 swim 200 pull 75 kick *Finish on deep end	3:00 2:15 2:00 525y	250 swim 200 pull 75 kick *Finish on deep end
1:00 0:30 1:00 0:30 ^^^ 200y	*Pair up, alternate 1 & 2 1.Start on block, 50 free Rest 2.Tred water, legs only Rest ^^^do this 4 times	1:00 0:20 1:00 0:20 ^^^ 250y	*Pair up, alternate 1 & 2 1.Start on block, 50 free Rest 2.Tred water, legs only Rest ^^^do this 5 times *hands out of water	0:55 0:15 0:55 0:15 ^^^ 300y	*Pair up, alternate 1 & 2 1.Start on block, 50 free Rest 2.Tred water, legs only Rest ^^^do this 6 times *hands out of water
1:00 0:30 1:00 0:30 ^^^ 200y	*Pair up, alternate 1 & 2 1.Start on block, 50 pull Rest 2.Tred water, arms only Rest ^^^do this 4 times	1:00 0:20 1:00 0:20 ^^^ 250y	*Pair up, alternate 1 & 2 1.Start on block, 50 pull Rest 2.Tred water, arms only Rest ^^^do this 5 times *feet out of water	0:55 0:15 0:55 0:15 ^^^ 300y	*Pair up, alternate 1 & 2 1.Start on block, 50 pull Rest 2.Tred water, arms only Rest ^^^do this 6 times *feet out of water
2:00 0:30 2:00 0:30 ^^^ 400y	*Pair up, alternate 1 & 2 1.Start on block, 100 free Rest 2.Two starts from block Rest ^^^do this 4 times *be safe	1:45 0:30 1:45 0:30 ^^^ 500y	*Pair up, alternate 1 & 2 1.Start on block, 100 free Rest 2.Two starts from block Rest ^^^do this 5 times *be safe	1:45 0:15 1:45 0:15 ^^^ 600y	*Pair up, alternate 1 & 2 1.Start on block, 100 free Rest 2.Two starts from block Rest ^^^do this 6 times *be safe
0:45 0:45 ^^^ 200y	*Pair up, alternate 1 & 2 1.50 free SPRINT, start on block 2.Rest ^^^do this 4 times *Relay style: Start off block when partner touches wall	0:38 0:38 ^^^ 200y	*Pair up, alternate 1 & 2 1.50 free SPRINT, start on block 2.Rest ^^^do this 4 times *Relay style: Start off block when partner touches wall	0:32 0:32 ^^^ 200y	*Pair up, alternate 1 & 2 1.50 free SPRINT, start on block 2.Rest ^^^do this 4 times *Relay style: Start off block when partner touches wall
5:00 200y	~200 cool down, long, stretching strokes	5:00 200y	~200 cool down, long, stretching strokes	5:00 200y	~200 cool down, long, stretching strokes