

Equip: pull buoy, kick board

“100’s to End the Decade”

Time/ Yards	<u>Hard</u>	Time/ Yards	<u>Harder</u>	Time/ Yards	<u>Hardest</u>
5:00 200y	200 swim	5:00 250y	250 swim	5:00 300y	300 swim
2:30 ish 1900 y	19x100 group choice	2:30 ish 1900 y	19x100 group choice	2:30 ish 1900 y	19x100 group choice
5:00 200y 2300 y	200 swim, long, stretching strokes	5:00 200y 2350 0y	200 swim, long, stretching strokes	5:00 200y 2400 y	200 swim, long, stretching strokes