

“50’s to End the Decade”

Equip: kick board, pull buoy

Time/ Yards	<b><u>Even Harder</u></b>
5:00  100y	<b>100 swim</b>
2:30 ish  950y	<b>19x50 group choice</b>
5:00  100y 1150y	<b>100 cool down choice, long, stretching strokes</b>