

Equip: kick board, pull buoy

“100’s and IM’s, but less fly”

| Time/ Yards | <u>Hard</u> | Time/ Yards | <u>Harder</u> | Time/ Yards | <u>Hardest</u> |
|---|---|---|--|---|--|
| 2:30 2:30 2:30 350y | 100 kick 100 pull 150 swim | 2:30 2:30 2:30 400y | 100 kick 150 pull 150 swim | 2:30 2:30 2:30 450y | 100 kick 150 pull 200 swim |
| 2:15 2:15 2:15 1:05 1:00 4:30 4:30 4:30 2:15 1:00 2:15 2:15 2:15 1:05 1400y | 100 free 100 back 100 breast 25 fly + 25 back 1 min rest 200 free 200 back 200 breast 100 IM 2 min rest 100 free 100 back 100 breast 25 breast + 25 free | 2:00 2:00 2:00 2:00 1:00 4:00 4:00 4:00 4:00 1:00 2:00 2:00 2:00 2:00 1600y | 100 free 100 back 100 breast 100 IM 1 min rest 200 free 200 back 200 breast 200 IM 2 min rest 100 free 100 back 100 breast 100 IM | 2:15 1:50 1:50 1:50 1:00 5:00 3:40 3:40 3:40 1:00 2:15 1:50 1:50 1:50 1800y | 150 free 100 back 100 breast 100 IM 1 min rest 300 free 200 back 200 breast 200 IM 2 min rest 150 free 100 back 100 breast 100 IM |
| 0:40 0:40 0:40 0:40 300y | 1x25 fly, 2x25 free 1x25 back, 2x25 free 1x25 breast, 2x25 free 3x25 free | 0:30 0:30 0:30 0:30 400y | 2x25 fly, 2x25 free 2x25 back, 2x25 free 2x25 breast, 2x25 free 4x25 free | 0:30 0:30 0:30 0:30 400y | 4x25 fly 4x25 back 4x25 breast 4x25 free |
| 5:00 200y 2250y | 200 swim, long, stretching strokes | 5:00 200y 2600y | 200 swim, long, stretching strokes | 5:00 200y 2850y | 200 swim, long, stretching strokes |