

“100’s and IM, but less fly”

Equip: kick board

Time/ Yards	<u>Even Harder</u>
2:30 2:30 2:30 100y	50 kick 50 pull 50 swim
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 800y	50 free 50 back 50 breast 4 strokes fly then free down + back stroke back 1 min rest 100 free 100 back 100 breast 100 IM 2 min rest 50 free 50 back 50 breast 25 breast + 25 free
1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 200y	4 strokes fly then free 25 free 25 back 25 free 25 breast 25 free 25 free 25 free
5:00 100y 1200y	100 swim, long, stretching strokes