

HAPPY PRIDE AND NATIONAL VCR DAY WORKOUT

HARD

HARDER
WARM UP

HARDEST

3 x 50 free 15 sec rest	3 x 75 free 15 sec rest	3 x 100 free 15 sec rest	0:10:00
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MAIN SET

1 x 300 broken free on 9 min 1 min rest	1 x 400 free on 9 min 1 min rest	1 x 500 free on 9 min 1 min rest	0:19:00 0:20:00
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2 x 200 broken free on 7 min 1 min rest	2 x 300 free on 7 min 1 min rest	2 x 400 free on 7 min 1 min rest	0:34:00 0:35:00
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3 x 100 free on 5 min 1 min rest	3 x 200 free on 5 min 1 min rest	3 x 300 free on 5 min 1 min rest	0:50:00 0:51:00
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COOL DOWN

100 free 1250 yards	100 free 1925 yards	100 free 2600 yards	
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