

HARD**HARDER****HARDEST****WARM UP**

50 freestyle 50 back 50 breast	100 freestyle 75 back 75 breast	150 freestyle 150 back 150 breast
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MAIN SET - begins at 8:10

2 x 150 alternating upper body - buoy optional 25 freestyle - fast 50 freestyle - normal speed 25 breast - fast 50 breast - normal speed Rest 1:00	2 x 200 alternating upper body - buoy optional 50 freestyle pull - fast 50 freestyle regular - normal speed 50 breast pull - fast 50 breast regular - normal speed Rest 1:00	2 x 200 alternating upper body 75 freestyle pull - fast 25 freestyle regular - normal speed 75 breast pull - fast 25 breast regular - normal speed Rest 1:00
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2 x 150 25 freestyle catch-up - left arm stationary ahead of you 25 freestyle catch-up - right arm stationary ahead of you 50 freestyle regular - normal speed Rest 1:00	2 x 150 25 freestyle catch-up - left arm stationary ahead of you 25 freestyle catch-up - right arm stationary ahead of you 50 freestyle regular - fast 50 freestyle regular - normal speed Rest 1:00	2 x 150 25 freestyle catch-up - left arm stationary ahead of you 25 freestyle catch-up - right arm stationary ahead of you 75 freestyle regular - fast 25 freestyle regular - normal speed Rest 1:00
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2 x 150 25 breast - fast 25 breast 50 breast kick only - hands on butt 50 breast regular Rest 1:00	2 x 200 25 fly 25 breast - fast 50 breast kick only - hands on butt 100 breast regular Rest 1:00	2 x 200 50 fly 50 breast kick only - hands on butt 50 breast - fast 50 breast regular Rest 1:00
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Weird Amateur Water Yoga

Dynamic Chair Jumps - as many as you can in 1 min! As high as you can!
Sinking Ship - hands hold feet behind you - don't sink! Get a full stretch!
Big Step Game - who can keep a foot above water the longest!

COOL DOWN

Easy 100 - choice stroke	Easy 100 - choice stroke	Easy 150 - choice stroke
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International Day of Yoga

Yoga is a physical, mental, and spiritual practice that originated in India, with a day of recognition adopted by the United Nations General Assembly in 2014.