

# A Goal™

## Warmup

6x75 Free + 50 Easy, 30 sec rest

## Main Set

4 x 200 Pull (100 Free, 50 Kick, 50 Breast)  
8 x 25 Free, 2 breaths per 25 @ 1:40 focus on stroke and speed!

## Fin Set

2x through:  
4 x 75  
Odds = Underwater / easy / no fins  
Evens = Easy  
\*\*Take 30 sec rest

5 x 50 Kick  
Odds = build  
Evens = Easy  
3 x 100 Kick @ 1:35

## Cool Down

200 choice

