

KICK

Warmup

200 Swim
200 Kick
200 Pull

Main Set

6 x 100 @ 1:30 / 1:25 / 1:20
Odds = drill
Evens = Build freestyle
6 x 50 @ 1:00 / 1:10 / 1:15
1-3 Kick
4-6 Swim

3X through:

2 x 75 Freestyle @ 1:15 / 1:20 / 1:25
by 25s
300 Freestyle @ 1:15 / 1:20 / 1:25

4 x 25 All out

10 x 25 Fast Kick @ 1:15 / 1:20 / 1:25

Fins

300 (25 breaststroke with a minute @ 5:00, 5:15, 5:30, 5:45, 6:00)

Cool Down

200 choice 57