

**WARMUP: 400 (or 10 minutes) on your own**

**WARMUP SET: 850**

6 X 75 with fins (25 back + 25 breast + 25 free) on  
1:30 sendoff

#1 and #4: Backstroke is up tempo

#2 and #5: Breaststroke is up tempo

#3 and #6: Freestyle is up tempo

**MAIN SET: 1000**

10 X 100 on 3:00

Aiming for your best time plus 10 to 15%. Examples  
of best times plus 10-15%:

:52 = 57.00 to 1:00	1:05 = 1:11 to 1:15	1:18 = 1:26 to 1:30
:53 = 58.00 to 1:01	1:06 = 1:13 to 1:16	1:19 = 1:27 to 1:31
:54 = 59.00 to 1:02	1:07 = 1:14 to 1:17	1:20 = 1:28 to 1:32
:55 = 1:00 to 1:03	1:08 = 1:15 to 1:18	1:21 = 1:29 to 1:33
:56 = 1:01 to 1:05	1:09 = 1:16 to 1:20	1:22 = 1:30 to 1:35
:57 = 1:02 to 1:06	1:10 = 1:17 to 1:21	1:23 = 1:31 to 1:36
:58 = 1:04 to 1:07	1:11 = 1:18 to 1:22	1:24 = 1:33 to 1:37
:59 = 1:05 to 1:08	1:12 = 1:19 to 1:23	1:25 = 1:34 to 1:38
1:00 = 1:06 to 1:09	1:13 = 1:20 to 1:24	1:26 = 1:35 to 1:39
1:01 = 1:07 to 1:10	1:14 = 1:21 to 1:25	1:27 = 1:36 to 1:40
1:02 = 1:08 to 1:11	1:15 = 1:23 to 1:27	1:28 = 1:37 to 1:41
1:03 = 1:09 to 1:13	1:16 = 1:24 to 1:28	1:29 = 1:38 to 1:43
1:04 = 1:10 to 1:14	1:17 = 1:25 to 1:29	1:30 = 1:39 to 1:44

**WARMDOWN: 200**

50 super easy, then regroup for...

8 X 25 pull on :35

1-4: Breathe as much as you want

5-8: Bump up yr normal breathing pattern by 1 stroke