

**MAIN SET: 2000**

Swim two rounds of the following. No breaks within each round, but it's OK to take up to 60 seconds recovery after the first round. It's OK to drill the Fly. The idea is that the 50s are slightly up tempo and the 100s are smooth recovery (but still make the sendoff/turnaround). Yes, it's correct that the 50s free are on the "easiest" sendoff. Take the extra rest so that you can swim up tempo! Choose one sendoff column and work down.

<b>2 X 50 Fly</b>	:45	:50	:55	1:00	1:05
<b>1 X 100 Back</b>	1:45	1:50	1:55	2:00	2:10
<b>3 X 50 Back</b>	:50	:55	1:00	1:05	1:10
<b>1 X 100 Breast</b>	1:45	1:50	1:55	2:00	2:10
<b>3 X 50 Breast</b>	:55	1:00	1:05	1:10	1:15
<b>1 X 100 Free</b>	1:45	1:50	1:55	2:00	2:10
<b>4 X 50 Free</b>	1:00	1:05	1:10	1:15	1:20
<b>1 X 100 choice</b>	1:45	1:50	1:55	2:00	2:10