

MAIN SET: 1900

Swim two rounds of the following. Choose one column and work down for your sendoffs/turnarounds. Your main focus is the 200s. You'll be swimming four of them and your goal is to descend time 1-4.

2 X 50 (25 FL + 25 BK)	:50	:55	1:00	1:05	1:10
2 X 75 (25 BR + 50 FR)	1:15	1:25	1:30	1:35	1:40
2 X 100 IM or FRIM	1:40	1:50	2:00	2:10	2:20
2 X 200 FR swim or pull	3:00	3:20	3:40	4:00	4:30
1 X 100 recovery					