

TO GOLDEN MORNINGS

8/23/70

WARM UP: 9 x 50

- 1) STREAM LINE off WALL. / DELPHIN HILLS
- 2) FIST DRILL
- 3) DISTANCE PER STROKE

MAIN SET:

| | |
|---------|------------|
| 2 x 250 | - INCREASE |
| 2 x 200 | SPEED THRU |
| 2 x 150 | SET |
| 2 x 100 | - REST |
| 2 x 50 | 20-30 SEC |

KICK SET: 4 x 75 KICK
(ODDS → NO BOARD)

WARM DOWN: 200-300 EASY

