

YOU OTTER TRY THIS

WARM UP: 9 X 25 DESCEND 1-3
9 X 25 DISTANCE PER STROKE

MAIN SET:

2x

250 I.M.
(100 FLU/75 BACH/50 BREAST/25 FREE)
250 I.M.
(25 FLU/50 BACH/75 BREAST/100 FREE)
250 FREE

KICK SET:

4 X 75 KICK
(1 EASY/1 FAST)

WHAT'S WITH ALL THIS I.M.?!?
I ONLY DO BACHSTROKE.

