

SUNDAY

WORK OUT!

7/12/20

STEP 1: FIND A POOL

STEP 2: WARM UP

600 SWIM EVENT 3x 50 STROKE

STEP 3: MAIN SET

7 X 150

- | | |
|---------------------------|---------------------------|
| 1) FREE | 5) STROKE / FREE / STROKE |
| 2) FREE / STROKE / FREE | 6) FREE / STROKE / FREE |
| 3) STROKE / FREE / STROKE | 7) FREE |
| 4) STROKE | |

STEP 4: SPRING SET

AS LEAST THE POOLS ARE OPEN!



6 X 50
(1 EASY / 1 FAST)

STEP 4: WARM DOWN 200 - 500