

# SUNDAY WORKOUT <sup>7/19/20</sup>

WARM UP: 300 SWIM  
12x 50 DRILL / SWIM  
DRILLS - HIGH ELBOW, FINGERTIP DRAG  
CHOICES: - FIST DRILL

MAIN SET: 12x 75 ROLLING I.M.  
(i.e. FLY, BACK, BREAST)  
BACK, FREE, FLY  
ETC

KICK SET: 12x 50 KICK I.M. ORDER  
- PUSH EVERY 3rd 50

WARM DOWN: 300 EASY

