

7/26/20

BE NICE TO TURTLES

WARM UP:

- 6x75 - KICK
- DRILL
- SWIM

MAIN SET:

TRY TO DESCEND →

12x100

(ODDS - I.M.
Evens - BACK OR BREAST)

SPRINT SET:

15x50

(2 EASY / 1 SUPER FAST!!)

WARM DOWN

100-300 EASY



DUDE, THAT
AINT NO
JELLYFISH

CRAP, I ALREADY
ATE TWO...

GREAT, MORE
OCEAN LITTER!