

Swim FAST!

10/11/20

WARM UP:

300 SWIM
6 X 50 SCULLING

TRY SOME
ON YOUR
BACK + SOME
ON YOUR FRONT

MAIN SET:

4 X 200 DESCEND

3 X 150 DESCEND

2 X 100 DESCEND

50 ALL OUT!

STROKE SET:

3 X 100 I.M. DESCEND

6 X 50 STROKE DESCEND 1-3

WARM DOWN:

200-400 EASY

HEADING
FOR THE
SHOWER!

