

# CHOICE Workout

10/18/13

WARM UP:

16 x 25

4 x

- 1) HIGH ELBOW DRILL
- 2) FIST DRILL
- 3) DISTANCE PER STROKE
- 4) SWIM

## CHOICE:

IF THE WATER IS COLD:

3 x 500 DESCEND  
(30 sec rest)

IF THE WATER IS WARM:

5 x 

|     |        |
|-----|--------|
| 100 | FREE   |
| 100 | STROKE |
| 100 | 3 M    |

## KICK SET:

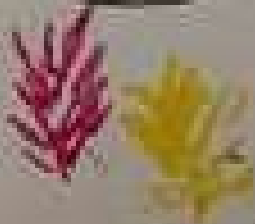
6 x 50 KICK  
(DESCEND 1-3)

NO  
FINS!

WARM DOWN:

200-300 EASY

WHAT DO YOU  
THINK OF THIS  
WORKOUT, LARRY?



THIS WORKOUT  
IS  
GREAT!

