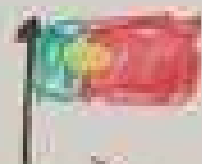


BOM DIA!

WARM UP - DRILLS 12x50

MAIN SET

3x	300	#1 FREE	#2 I.M.	#3 STRIDE
	200	I.M.	STRIDE	FREE
	100	EASY	EASY	EASY



8 x 125 (75 KICK / 50 SWIM)

ODDS - SWIM + FREE
EVEN - SWIM + STRIDE



LISBOA

ORIGADO!

10x [50 FAST
50 EASY] TAKE
LOTS
REST

OR:

6x 250 PACE
BY 4:30

WARM DOWN