

# Intermediate

## WARM UP (600)

300 Free

200 Kick (Choice)

100 IM

## Main Set (1400)

400 (Free at pace, then 2:00 Rest)

50 Fast (Choice) + Roll into 50 Recovery

300 (Pull at pace, then 1:30 Rest)

50 Fast (Choice) + Roll into 50 Recovery

200 (IM on 3:00)

50 Fast (Choice) + Roll into 50 Recovery

100 (Choice on 1:30)

50 Fast (Choice) + Roll into 50 Recovery

## Final Set (200)

200 (Free at pace)

## COOL DOWN (200)

200 Free

2400 Yards