

BEGINNER

WARM UP (400)

300 Choice Easy + 100 Kick

Main Set (800)

2 x 25 free @ :45 (3 Swim, 1 Sprint)

2 x 50 free @ 1:10 (3 Swim, 1 Sprint) + Masters Minute

2 x 75 free @ 1:50 (3 Swim, 1 Sprint)

2 x 100 free @ 2:20 (3 Swim, 1 Sprint)

100 Backstroke

100 Kick Choice

100 Free PULL

Finish Set (400)

100 IM

4 x 75 Best Stroke or Choice (Build each lap stronger)

COOL DOWN (100)

100 Easy Free

1700 Yards