



Workout By: Coach Carolyn Moore

Type	Emphasis	Yards	Description
WU/CD	WU/CD	200	200 Warm Up/Cool Down
			27x 2:00 Intervals - Choose your own distance - 1x Swim (Free) - 1x Kick (No Fins Flutter) - 2x Swim (Alternate 25 Stroke/25 Free) - 1x Kick (Fins Choice) - 3x Swim (Free) - 1x Kick (No Fins Breast/Choice) - 4x Swim (w/ Fins IM/Stroke) - 1x Kick (Fins Underwater on Odd Lengths) - 5x Swim (Pull/Paddles) - 1x Kick (No Fins Choice) - 6x Swim (Fast Free w/ Fins) - 1x Kick (w/ Fins Choice)
Main Set	Distance	~2700	
WU/CD	WU/CD	200	200 Warm Up/Cool Down
	TOTAL	3100	