

LEVEL **A-**
WMF112/3900

OD PACE= 1 : 25
OD INT= 1 : 35

WARM UP 300 CHOICE

SET 1	3 X	150	50 KICK / 50 DRILL / 50 SWIM	2 :	45
-------	-----	-----	------------------------------	-----	----

SET 2	2 X	75	KICK/DRILL/SWIM	1 :	25
	4 X	75	SWIM	1 :	20
	3 X	100	DESCEND	1 :	30
			REST 60		
	2 X	75	KICK/DRILL/SWIM	1 :	25
	4 X	75	SWIM	1 :	10
	3 X	100	DESCEND	1 :	35
			REST 60		
	2 X	75	KICK/DRILL/SWIM	1 :	25
	4 X	75	SWIM	1 :	10
	3 X	100	DESCEND	1 :	40

300
450
2250
3000