

LEVEL **B** WMF112/3900 OD PACE= 1 : 35
 OD INT= 1 : 45

WARM UP 300 CHOICE

| | | | | | |
|-------|-----|-----|------------------------------|-----|---|
| SET 1 | 3 X | 150 | 50 KICK / 50 DRILL / 50 SWIM | 3 : | 0 |
|-------|-----|-----|------------------------------|-----|---|

| | | | | | |
|-------|-----|-----|-----------------|-----|----|
| SET 2 | 2 X | 75 | KICK/DRILL/SWIM | 1 : | 30 |
| | 4 X | 75 | SWIM | 1 : | 25 |
| | 3 X | 100 | DESCEND | 1 : | 40 |
| | | | REST 60 | | |
| | 2 X | 75 | KICK/DRILL/SWIM | 1 : | 30 |
| | 4 X | 75 | SWIM | 1 : | 20 |
| | 3 X | 100 | DESCEND | 1 : | 45 |
| | | | REST 60 | | |
| | 2 X | 75 | KICK/DRILL/SWIM | 1 : | 30 |
| | 4 X | 75 | SWIM | 1 : | 15 |
| | 3 X | 100 | DESCEND | 1 : | 50 |

300
 450
 2250
 3000