

LEVEL **C**
WMF112/3900

OD PACE= 1 : 50
OD INT= 2 : 0

WARM UP 300 CHOICE

SET 1	2 x	150	50 KICK / 50 DRILL / 50 SWIM	3 :	25
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SET 2	2 x	50	DRILL/SWIM	1 :	10
	4 x	75	SWIM	1 :	35
	3 x	100	DESCEND	1 :	55
			REST 60		
	2 x	50	DRILL/SWIM	1 :	10
	4 x	75	SWIM	1 :	30
	3 x	100	DESCEND	2 :	0
			REST 60		
	2 x	50	DRILL/SWIM	1 :	10
	4 x	75	SWIM	1 :	25
	3 x	100	DESCEND	2 :	5

300
300
2100
2700