

LEVEL **C** WMF11-30 OD PACE= 1 : 50  
 OD INT= 2 : 0

WARM UP 300 CHOICE

SET 1	1 x	300	25 DRILL-50 SWIM	6 :	15
	3 x	50	KICK/SWIM	1 :	15

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SET 2	4 x	200	DESCEND	4 :	10
	4 x	150	DESCEND	3 :	10
	4 x	100	DESCEND	2 :	5
	4 x	50	DESCEND	1 :	5

STROKE OR VERY FAST FREE	2 x	50	CHOICE	1 :	15
	4 x	25	CHOICE	0 :	35
	2 x	50	CHOICE	1 :	10
	4 x	25	CHOICE	0 :	40

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300  
 450  
 2200  
 2950