Swim Down (Mid Session)

1 X	1 X 200 Smooth Choice Swim	
	4 X 50 Choice Technique	~10 - 15 Sec Rest

This is a minimum. The swim down is followed by hydration an nutrition.

Swim Down (End of Session)

1 X	1 X 200 Smooth Choice Swim	--
	4 X 50 Strong Choice Kick	1:00 / 1:10
2 X	1 X 100 Free on 1:25 / 1:30	
	1 X 50 Free on 0:45	
	1 X 50 Free on 0:55	
1 X	4 X 50 Choice Technique	~10 - 15 Sec Rest
	1 X 200 Smooth Choice Swim	

This is a minimum. The swim down is followed by hydration an nutrition.