Warm-up

1 X	1 X 400 Smooth Choice Swim Steady & Continuous Emphasize Quality Walls	--
	1 X 200 Strong Choice Kick Emphasize Posture & Leg Strength	--
	4 X 50 Choice Technique Refine Key Skills	~10 - 15 Sec Rest
	4 X 100 Free Swim Rhythmic, Steady, & Even Split Raise Heart Rate	1:30
	6 X 50 Choice Swim Odd # - Swim Low SC Even # - Swim Build to Sprint	~15 - 20 Sec Rest
	1 X 200 Smooth Choice Swim	