

# KICK

## Warmup

- 200 Swim
- 200 Kick
- 200 Pull

## Main Set

- 6 x 100 @ 1:30 / 1:25 / 1:20
- Odds = drill
- Evens = Build freestyle
- 6 x 50 @ 1:00 / 1:10 / 1:15
- 1-3 Kick
- 4-6 Swim

### 3X through:

- 2 x 75 Freestyle @ 1:15 / 1:20 / 1:25
- by 25s
- 300 Freestyle @ 1:30 / 1:35 / 1:40
- 4 x 25 All out
- 10 x 25 Fast Kick @ 1:10 / 1:15 / 1:20

## Fins

300 (25 breaststroke w/ kick on front of 25, 50 free on back of 25, 25 butterfly)

## Cool Down

- 200 choice