



# A Good Mix

## Warm up

6x75 Free + 50 Easy Odd build; evens easy @1:30

## Main Set

4 x 200 Pull (150 Free; 50 back) @ 3:50

8 x 25 Free, 2 breaths per 25 @ :40 (focus on breathe control not speed)

## Fin Set

2x through:

4 x 75

Odds= Underwater/Easy/Sprint Rest :15

Evens= Easy

\*\*Take 30 seconds rest after 2nd second time through

5 x 50 Kick

Odds = build

Evens = Easy

3 x 100 Kick @ 1:35

## Cool Down

200 choice EZ



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