



## ***A Little Bit of Everything***

### **You choose your interval**

10 x 50 Odds= drill/swim; Evens= kick @ 1:00, 1:10, 1:20

8 x 25 Choice (F/E, E/F, F, E) @ :30 :35 :40

6 x 150 @2:10, 2:30, 3:00

#1-3 Pull breathe 3,5,3

#4-6 Rotate strong 50 last to first

6 x 100 50 Low Stroke Count/50 Kick build @2:00, 2:15, 2:30

6 x 50 Choice swim w/ fast turns @ :50, 1:00, 1:10

### **FINS 2x**

6 x 25 Odds=Fly, Evens=FR 2 breaths @:30, :35, :40

100 FR Kick w/board build to FAST @2:00, 2:15

50 Choice LSC @1:00

### **Bonus**

3 x 200 #1=pull, #2=Swim, #3=Fins



**KENNESAW STATE  
UNIVERSITY**  
DIVISION OF STUDENT AFFAIRS  
*Sports and Recreation*