



All 50s

Warm up

200 Swim
200 Kick
200 Pull
100 IM Drill

Main Set

6x50 @ 1:00 (repeat at 90%)
100 @ 2:00 (Easy Kick or Pull)

4x50 @ 1:00 (repeat at 95%)
100 @ 2:00 (Easy Kick or Pull)

2x50 @ 1:00 (repeat Blast!!)
100 @ 2:00 (Easy Kick or Pull)

4x50 @ 1:00 (repeat 95%)

Cool Down

200 Warm Down



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