



# Fun Friday

## Warm up

400 Choice Rest :15

400 Choice Rest :15 (25 Kick/50 drill/25 swim) IM order  
1:00 minute rest

## Main Set

-Pick your worst stroke and work on that first! Then work your way to your best stroke feel free to use fins for butterfly! Maintain perfect form. Switch to drill if necessary on the 50 swims, if you cannot hold form.

4x through:

4 x 25 Kick @:35

4 x 25 Drill rest :15

4 x 50 Choice @ 1:15

## Cool Down

200 Choice EZ



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