



Take a Deep Breath and Chill

Warm up

200 Swim
200 Kick
200 Pull
200 IM Drill

Main Set

2x through:
200 Pull @ 3:30
2 x 100 @ 2:00
4 x 50 dolphin kick w/FINS
4 x 25 under H2O @ :45
2 x 50 descend @ 1:00

Cool Down

200 choice EZ



**KENNESAW STATE
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DIVISION OF STUDENT AFFAIRS
Sports and Recreation