

Pre-Set

		Straightflow	
4	75	Every 3rd length NF	
4	50	Kick	
4	25	IMO - 6+ dolphin kicks on FL or BK or FR	600

Main Set

1		Rounds	
4	150	Pull. BP - 3-5-7 by 50	
12	50	O: NF E: Free. 10 sec rest	
4	100	IM. Rotate kicking: #1 1st 25 Kick, #2 2nd 25 Kick etc. 15 sec rest	
1	50	EZ	
2	150	Free / Choice / Free 10 sec rest	
6	50	IM Switch stroke at mid pool. 15 sec rest	
2	100	Choice. Negative split	
8	50	Fast / EZ by 25	
			2850

Total

3450