

Welcome to the Wednesday Winter Wonderland Workout. Not sure you will be able to get to the pool for this workout for a few days, so hang on to the email for when the snow stops.

Enjoy!

Clay

Set #1

4 X 100 (25 kick, 25 drill, 50 swim)

Set #2

400, 3x100, 300, 3x100, 200, 3x100-descend the 100 sets.

Set #3

100 warm down

Set #4

5 X 150 (100 hard, 50 ez) IM or choice stroke.

Set # 5

6x75 kick (middle 25 hard)

Warm down