

Title: Welcome to Friday

Instructions

Swim well, have fun, be happy
 Feel free to do an additional warmup with fins before 7:15 when the set below starts
 Anyone with the day off may consider the DROL set
 Those who training plans do not include 600's and 800's do these distances as broken 300's and 400's respectively R:20
 This set should be completed just as the bulk head is moved, so if doing part G the pool will be 25 m

Part A Warmup	07:28
<p>200 easy with fins</p> <p>200 pull buoy (no fins) as 4 laps of</p> <p>12 ½ scull + 12 ½ long doggy paddle + 25 FR</p>	

Dist.	Cum.
400	400

Part B Working on pacing with the beeper	17:20
<p>6 x 100 @ CSS + 1.0 sec / 25 R:20 s</p> <p>1 x 400 ditto</p>	
20:36	
<p>6 x 100 @ CSS + 0.75 sec / 25 R:20 s</p> <p>1 x 600 ditto</p>	
23:48	
<p>6 x 100 @ fastest maintainable pace R:20 s</p> <p>1 x 800 ditto</p>	

Dist.	Cum.
1000	1400

Dist.	Cum.
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1200	2600
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Dist.	Cum.
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1400	4000
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Part C Cooldown	05:36
<p>300 swim choice</p>	
Estimated duration (@ GG Pace) 1:17:08	

Dist.	Cum.
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300	4300
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Cum.

4300

Part G DROL (Day-off Retired Optional Late-start)	27:44
<p>6 x 100 @ fastest maintainable pace R:20 s</p> <p>1 x 1000 ditto</p> <p>Tripple shot coffee :)</p>	

Dist.	Cum.
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1600	5900
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Cum.

5900
