

Sunday 4/6/17	Kit:
Overload	Session Focus: Return to open water
Warm Up	200 FC EZ (20s) 200 FC Build by 50 (20s)
Sub Set	100 Breath Left (10s) 100 Breath Right (10s) 200 Breath Bilateral (20s)
Main Set	2 mins Continuous Swim (30s) 4 mins Continuous Swim (30s) 6mins Continuous Swim 8mins Continuous Swim 10mins Continuous Swim ***Maintain Pace & Technique*** (PB Optional)