

<b>warm up</b>	
5 minutes slow swimming	
<b>drill review (50s)</b>	
fingertip drag	150/100
hip drive	150/100
puppet drill	100/50
<b>pacing set</b>	
3 100s or 3 50s *get avg time for each*	300/150
ten minute swim at pace	500/300
<b>fun with pool equipment</b>	
learn how to use various swim toys in your own workout	20 min