

A, B, & C

Warm-up

- 3 x 300
 - S/K/P
- 500 Kick
 - 0:30 Sprint
 - 0:30 Easy

Main Set

- Jack in the Box
 - 25 Swim Free
 - 10 Pull Up's
 - 50 Swim Free
 - 15 Pull Up's
 - 50 Swim Free
 - 25 Pull Up's
 - 50 Swim Free
 - 25 Pull Up's
 - 50 Swim Free
 - 15 Pull Up's
 - 50 Swim Free
 - 10 Pull Up's
 - 25 Swim Free (END)

- Treading Water 50's
 - 8 x @1:00 for A
 - 6 x @1:10 for B
 - 4 x @1:30 for C
 - Start in the Deep End and Tread Water between reps
 - Work on getting up to speed

Cool Down

- 200 easy

Notes:

- Jack in the box, counts as a 500.
- Start the Jack in the box in the shallow end, pull ups are done at the deep end wall.
- Swim for time, beat your last Jack in the Box

Total: [A : 2500] [B : 2400] [C : 2300]

[A's you can switch the stroke on the "Jack in the Box" from Free to Fly for "Fly in the Box"]