



Workout 4/5 BY: BRAD @ CSU

Warm up: 400

Build Set: 2x50 kick

**2x100 swim- 5strokes
fast/ 5 strokes slow**

**2x50 swim-get heart rate
up**

Set: 3x150; 50k/100 swim

2x50 one build one sprint

***repeat this set**

Cool: 200