

## CASC03: Swim Set

### Warm Up

100m <b>FINS</b> BBB (+15s)	100
2 x 100m <b>FINS</b> as 50m 616 + 50m BBS (+15s)	300
2 x 100m <b>FINS</b> ↑ Broken Arrow + ↓ freestyle (+15s)	500
100m Shoulder Tap (+15s)	600

### Build

4 x 50m ↑ hard + ↓ easy (+5s)	800
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### CSS Set

15 x 100m @ CSS (+1 beep)	2300
Tempo Trainer Mode1: CSS/25m– stay with the beep	

### Cool Down

200m easy – any stroke	2500
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