WARM UP

10 X 25 SWIM :0 R 250

10 X 50 ODD KICK/SWIM BY 25

EVEN DRILL/SWIM BY 25 :05 R 500/750

10 X 75 ODD FREE/ EVEN STROKE :10 R 750/1500

10 X 100 1-6 EVEN PACE

7-9 DESC TO FAST

10 EZ :15 R 1000/2500

10 X 50 ODD SPRINT

EVEN EZ ALL ON 1:00 LOTS OF REST 500/3000

10 X 25 ????