Warm up:

300 SWIM

200 IM DRILL

6 x 50 BUILD 10 R

10x 75 ODD’s 25 FTD ~ 50 SWIM

EVEN 25 CATCH UP ~ 50 BACKSTROKE

ALL :10-:15 R

3 X 100 IM 15 R ~

3 X 100 DESC **20 R** ON #1

12 X 75 ODDS 25 kick, 50 FREE 10 R

EVENS 25 kick, 50 STROKE 10 R

12 X 50 2 FREE, 1 KICK 10-15 R

12 X 25 ODDS STROKE DRILL

EVENS STROKE FAST

WARM DOWN

5 X 50 25 FREE DRILL, 25 EZ FREE  
4800 yards