warmup until 9:40 on own

 8 x 75 IM Rotation (Indiana IMS) 1:30/1:45

Extended Warmup

 8 x 25 V-Sprint (EZ/ Fast, Fast/EZ, Build Sprint)

 :30/ :40

Steamroller Set **Fast 100’s on 1:20/1:25/1:30/1:45**

 1 x 100 fast **EZ 100’s on 2:00/2:15**

 1 x 100 EZ

 2 x 100 Descend to very fast

1 x 100 EZ

3 x 100 Descend to very fast

 1 x 100 EZ

 4 x 100 Descend to very fast

 1 x 100 EZ

 5 x 100 Descend to very fast

 1 x 100 EZ

10 x 75 Breathe every 3/5/7/9/11/11/9/7/5/3 strokes

on 1:30/1:45

 6 x 25 Short distance Sprint Little rest :20/:25/:35

3 x

 1 x 100 EZ 2:00

200 Cooldown