Masters 5.26

Warm Up: (1500 Yards)

 1x 150 smooth

 1x 100 build

 3x 50 kick (desc. 1-3)

 1x 150 smooth

 2x 100 build

 3x 50 kick (desc. 1-3)

 1x 150 smooth

 3x 100 build

 3x 50 kick (desc. 1-3)

Main: (1000 Yards)

4x

 1x 125 (25 stroke/100 free)

 1x 75 free (moderate)

 1x 50 easy