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