Masters 5.27

Warm Up: (1400 yards)

 1x 300 swim

 1x 200 kick

 2x 150 swim

 3x 100 IM

 1x 100 swim

 4x 50 kick

M: (1200 yards)

4x 150 desc. 1-4

4x 100 IM desc. 1-4

4x 50 (25 Fast/25 Easy)