Masters 6.1

WU: (1250 yards)

 1x 250 smooth

 3x 50 kick

 1x 200 smooth

 2x 100 build

 1x 150 smooth

 4x 75 (fly/bk/br)

M: (1400 yards)

 4x 100 base pace+5

 1x 50 easy

 3x 150 base pace +10

 1x 50 easy

 1x 200 base pace

 1x 50 easy

 1x 200 base pace