4/8

WU

8x125 @ 2:00

-Odds 25 free 25 Kick 25 free 25 Kick 25 free

-Evens 25 kick 25 free 25 kick 25 free 25 kick

500 @ 7:30 - 75 fly/back/breast 50 free

10x50 @ 1:00 fly, back, breast swim

1- 3 then 4 kicks

2- 4 then 5 kicks

3- 5 then 6 kicks

4- 6 then 7 kicks

5x200 @ 2:45 free with paddles may use snork

Kick: flutter or dolphin

1x100 @ 2:00

1x100 @ 1:40

1x100 @ 2:00

2x100 @ 1:40

1x100 @ 2:00

3x100 @ 1:40

1x100 @ 2:00

4x100 @ 1:40

1x100 @ 2:00

5x100 @ 1:40

4x75 @ 1:15 Indiana IM

200 @ 3:00 free 14 stroke max

4x75 @ 1:10 Indiana IM

200 @ 3:00 free 14 stroke max

4x75 @ 1:05 Indiana IM

200 @ 3:00 free 14 stroke max

4x75 @ 1:00 Indiana IM

200 @ 3:00 free 14 stroke max

Warm down