5/22

400 free

4x50’s kick :10 rest
4x25 scull :10 rest
4x75 (25 backstroke kick, 25 drill, 25 swim)

7x100
#1 :15 rest
#2 :10 rest
#3 :5 rest
#4:5 rest
#5 :5 rest
#6 :10 rest
#7 :15 rest

300 pull/kick

50 nice and easy

**2050 yards**