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**