**5/24**

300 warm up

4x100 pull

Choice of Stroke:

4x25 @ :20/:25/:30 (pick the time that fits best for you)

3x50 @ :40/:50 (pick the time that fits best for you)

2x100 @ 1:20/1:40 (pick the time that fits best for you)

3x50 @ :40/:50 (pick the time that fits best for you)

4x25 @ :20/:25/:30 (pick the time that fits best for you)

Kicking Set: Feel free to alternate strokes per each 50

200 :20 rest

150 :15 rest

100 :10 rest

50

5x50s – take no more than :30 between each 50  
1st 50: 4 breaths per length  
2nd: 3 breaths per length  
3rd: 4 breaths per length

4th: 3 breaths per length

5th: challenge yourself to see what you can do!

50 easy

2200 yards

Bonus:   
6x25 – as far as you can go underwater, swim the rest of the way. Really push yourself to get out at least half way!