**5/10/2018**

300 swim

4x75
odds: kick/drill/kick
evens: drill/swim/drill

3x100 (25 easy, 25 build, 50 fast)

50 easy

4x50 kick
2x100 Pull
1x200 Build (start out slow, get faster, finish fast)
2x100 Pull
4x50 kick

8x25
odds: stay under water until past flags, easy rest of the way
evens: sprint

100 easy
*2250m*