**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*