**5/3/2018**

300 swim

3 x 100 (1st one: kick, 2nd one: drill, 3rd one: swim)

10 x 50s descending 1-5, 6-10

5 x 100s Pull (use a pull buoy/no kick)

8x50 kick

4x100 descend 1-4

100 easy

*2500m*