**5/29/2018**

400 warm up (at least 100 of it should be kick)

2x200 50 kick/50 drill/50 kick/50 swim  
  
4x100 Descend 1-4 (watch time to make sure you are getting faster)

8x50   
odds: underwater as far as you can go, easy swim rest of the way  
evens: drill  
  
4x125 hold strong pace :15 sec rest in between

100 easy   
**2200 yards**

**5/31/2018**400 warm up (at least 100 of it should be kick)

4x75 kick (no more than :20 seconds rest)

4x25 build (finish fast)

2x50 descend   
1x100 STRONG  
2x50 descend   
4x25 build (finish fast)

50 easy

6x100 pull – hold same pace for all

6x50  
1: 4 breaths per length  
2: 3 breaths per length  
3: 2 breaths per length  
Repeat  
100 easy  
**2250 yards**