GCY’s USRPT set of the day:

- 3x
  - 10 x 25’s all out freestyle
    - 1-5 from Dive @ :60, :55, :50, :45, :40
      - Work 50 breathing style where you minimize breaths to no more than 2 total for the 25, none off breakout or from flags to wall finish
    - 6-10 continue from push @ :35, :30, :25, :20, :15 (beat the :15 as you will be leaving from the top on #10)!
      - Sprint still but sprint with breathing pattern you plan to use for your 100s/200s, still no breath on breakouts or flag to wall finish
  - 100 EZ Choice @ 2:45