Sr and PrSr Warm –up:

400 Free @6:30

2 x 100 Kick @:20 rest between 100’s

2 x 100 Pull @:20 rest between 100’s

4 x 50 Reverse IM @1:00

4 x 75 Evens: Skull/Swim/Skull

Odds: Swim/Skull/Swim @1:30

8 x 25 Underwater dolphin kick @:30

2- stomach, 2- right side, 2- left side, 2- on back

200 Free @3:15