Gold/Gold Elite Summer Awards Prep

-1x400 @6:00 Perfect Free

-4x75 @1:30 K/D/S

-8x25 @:10 rest choice scull

-8x25 @:45 Fins and paddles: 4 cycles fast

3x

-2x50 @1:10 25 drill/25 build

-1x50 @1:10 Perfect Form

-2x25 @:35 3 cycles fast

-1x50 @200 pace+1x50 easy

-1x25 fast from the top

-1x100 easy