April 16-Blue

300 4:30

250 IM 4:00 (100 free-75 back-50 breaststroke-25 fly ) 3x

2 x 50 streamline fly kick on back :50

3 x 25 fly swim :25

4 x 25 15 meters underwater fly kick :30

3 x 25 fly swim :25

100 free 4 + stroke count 1:20 3x

6 x 300

1-50 all out (OTB)-200 dps **1:00 break**-50 all out (push)

2-37.5 all out (OTB)-225 dps **1:00 break-**37.5 all out (push from mid-pool)

3-25 all out (OTB)-250 dps **1:00 break-**25 all out (push)

No send off-2:00 break between each 300

8 x 100

Alternate kick (1:50)/dps (1:40)