April 17-Blue

400 free 6:00

100 IM 1:40

300 free 4:30

4 x 50 IMO :50

200 3:00

12 x 25 IMO :25

16 x 100

1 x 1:40/1:30/1:20 (kick)

1 x 100 swim 1:20 4 + stroke count (swim)

8 x 125 paddles/pullbuoy

100 swim/25 scull 2:10

200 free 2:30/2:40

4 x 50 (choice)-1st 25 @ 200 tempo/2nd 25 dps :50

100 drill 2:00 2x

200 warm down

Dryland-

½ max pullups

10 t rotation pushups/10 dips/10 TRX rows/10 TRX pushups

20 squats/20 lunges

5 box hops

20 kickouts/dead bug extensions/streamline situps

:30 flutter kick/:30 hold feet 6 inches