1 x 400 swim – 4th backstroke

4 x 175 @ 2:30 25 fly/50 free/25 back/50 free/25 breast

4 x 1 x 75 @ 1:15 kick IMO by 25

 1 x 25 @ :35 kick 2nd flag u/w – try to make the entire 25

1 x 1 x 50 @ :30 @ :35 swim

 1 x 100 @ 1:30 @ 1:35 swim

 1 x 50 @ :40 @ :45 swim

 1 x 100 @ 1:20 @ 1:25 swim

 1 x 50 @ :50 @ :55 swim

 1 x 100 @ 1:10 @ 1:15 swim

 1 x 50 @ 1:00 @ 1:05 swim

 1 x 100 @ 1:00 @ 1:05 swim

 1 x 50 @ 1:00 @ 1:00 easy

6 x 1 x vertical kick @ :45 :30 streamline - :15 get to the wall

 2 x 25 @ :25 15m kick blast afap, kick ez on your back

 :10 move back to for vertical kick

 Round 1 Round 2 Round 3 Round 4

4 x 1 x 150 @ 2:05 @ 2:05 @ 2:05 @ 2:05 50 count, 50 -1, 50 -2

 1 x 50 @ 1:05 @ 1:10 @ 1:15 @ 1:20 fast

 1 x 100 @ 1:05 @ 1:10 @ 1:15 @ 1:20 faster

 1 x 50 @ 1:05 @ 1:10 @ 1:15 @ 1:20 fastest

 1 x 100 @ 1:30 @ 1:30 @ 1:30 @ 1:30 cruise – bank time

8 x 50 @ 1:15 scull/drill – stroke

4 x 1 x 100 @ 1:40 @ 1:40 @ 1:40 @ 1:40 kick afap 1st & 4th lap, crz mid 50

 1 x 25 @ :35 @ :40 @ :45 @ :50 fast

 1 x 50 @ :35 @ :40 @ :45 @ :50 faster

 1 x 25 @ :35 @ :40 @ :45 @ :50 fastest

 1 x 100 @ 1:30 @ 1:30 @ 1:30 @ 1:30 cruise free – bank time

 All Stroke – NO FREE!!!

1 x 200 easy – poppers!

***Do what is right, not what is easy!***