400 sub turns on odd turns

300 w/ midpoint flips

200 free/back

100 race turns

8x125 IM “sliding” fast 50’s IM order @1:50

 50-25-25-25

 25-50-25-25

 25-25-50-25

 25-25-25-50

10x300 @3:40

 Alternate E/F/E/F/F x2 (extra 1:00 after 5)

Specialty sets