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

24x100

2x[1:20 🡪 1:15 🡪 1:10

[1:15 🡪 1:10 🡪 1:05

[1:20 🡪 1:10 🡪 1:00

[1:00 rest

Specialty sets