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