4x250 odd: mid 50 back/

 Even: mid 50 breast

 @3:45

2x[4x25 drill :30

 [3x50 build @1:00

 [2x75 🡪 25 kick/25 swim/25 moderate (1st 50 fast) @1:15

8x125 100 moderate/25 “get home” @2:00

8x75 50 moderate/25 “get home” @1:30

8x25 fast! @ 1:00

Alternate: 3x100 @1:20 +1:00

4x150 swim/kick/swim by 50’s @2:15

warmdown