

1/15/23

300 swim

300 IM k/d/s

100 scull/drill

4x (2x50 @1:00 drill/build

200 broken stroke for time

50 sprint/:10 rest/100 sprint

:20 rest/

50 sprint)

2x (4x50 @1:00 over-under

4x25 @:30 VS)

6x (25 kick sprint first 12.5 @:30

25 kick sprint last 12.5 @:30

25 kick sprint @:30

25 kick easy @:30)

200 cool down