

1/22/24

300 swim

200 kick

100 drill

50 scull

2x (3x25 @:30 first half fast

3x25 @:30 second half fast

1:00 rest)

2 different strokes

400 IM drill/swim

2x (75 @1:30/1:45 50 fly/25 back
sprint

75 @1:30/1:45 50 back/25 breast
sprint

75 @1:30/1:45 50 breast/25 free
sprint

75 @1:30/1:45 50 free/25 fly
sprint)

(50s are smooth or build)

100 pull

6x75 kick @2:30 25 underwater/4
breaths/

50 sprint

Odds optional OTB

200 cool down

2700 yards

Optional:

1-2 meet events OTB