

# 2/5/24

300 swim

300 IM kick/drill/swim

100 scull

8x50 mid-pool @1:00 8 kicks off each wall

8x125 @2:00

Odds - free descend breathe every  
2-4-6-8 by 125

Evens - IM rotating 50 (50 fly - 50  
back -

50 breast - 50 free)

4x (6x50 @:35 kick with fins

2 min rest)

No fins - @:45

If you miss, start swimming (reset  
each  
round)

200 cool down

**3500 yards**

Optional Set:

2x (4x50 @:45 200 pace

200 build

50 easy)

or

Optional relays

**4400 yards**