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

4x[3x100 @1:20

[4x50 fast @1:00

Specialty sets