

10 min warm up

4x75 OR 4x50 (scull, drill, build) OR scull/drill, drill/build @ r:10

4x150/125/100 IM desc 1-4. @2:15, 2:30 (r:20)

25fl/25bk/25br/25-50-75 free

4x25 fast kick @ :35, 40

4x100/75 IM desc 1-4. @ 1:45, 2, 2:10 (r:20)

IM, rev-order, choice order, IM

4x25 fast kick @ :35, 40

4x75/50 IM. Desc 1-4 @ 1:30, 1:45 (r:20)

4x25 fast kick @ :35, 40

1x100 IM fast

1x50IM fast