

6x50 @ 50, 60, desc 1-3, 4-6

Pacing: choose column

100 @	1:20	1:30	1:45	2
200@	2:35	2:55	3:25	3:55
300@.	3:50	4:20	5:00	5:45
400@.	4:15	5:35	6:30	7:30
500@.	5:30	6:45	7:55	9:10

Sprint/stroke

4x75 k-dr-sw@ r:15. Perfect stroke

Or

2x75, 2x50 dr/sw

5x100 @ 4:20

1-strong

3/4-break at 50 for :10

5/6-break at 25 and 75 for :10

100 ez

2 rounds of 50s: w/fins

Kick 12.5! Sprint 12.5 25 ez swim

Kick 25!! Sprint 12.5 12.5 ez swim

50- 3 cycle breakout!! Then ez swim