

April 30, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 450

6 x 75 - kick/drill/swim

Odds - free

Even — non-free

Main set - 2,050

4 x 200 free - strong and steady, about 80% effort

50 ez

1 x 200 all out

50 ez

4 x 100 IM - strong and steady, about 80% effort

50 ez

1 x 100 IM all out

50 ez

4 x 50 stroke - strong and steady, about 80% effort

50 ez

1 x 50 all out

50 ez

Cooldown

Total: 2,500