

May 7, 2021, practice

Warmup on own for 5-10 minutes

Warmup - 450

3x

1. Drill/swim - choice
2. Fist drill/swim
3. Build

Main set - 2,200

6 x 200

Odd - IM

Even - Free

50 ez

6 x 100

Odd - Stroke or IM

Even - Free

50 ez

6 x 50

Odd - fast

Even - easy

Cooldown

Total: 2,650