

600 choice

4 x 100 free

8 x 75 choice

(o) 25kick-50swim

(e) 50drill-25 swim

12 x 50 choice

D1-4, 5-8, 9-12

2 x 300(200) PULL Hypoxic

18 x 100 @ 1:20/1:25/1:30/1:35

#4, 8, 11, 14, 16, 18 IM, Others free

or

15(12) x 100 @ 1:45/2:00

#3, 5, 7, 9, 12, 15 IM, Others Free