

2 x 100 swim, choice
4 x 50 kick
6 x 25 skull

4 x 75 - 50 drill, 25 swim
4 x 25 build

4 x 100/200 add 25/50 controlled fast
4 x 50 smooth
3 x 100/200/300 rotate 25/50/100 controlled fast
4 x 25 backstroke

200 Cool Down

2150 - 3150

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