

**Base: Non-Free & EASY FREE Monday & Tuesday**

**Warm up: Choice & Mix Strokes (600)**

300 Swim + 100 Kick R:15"

8 x 25 Choice descend DPS 1-4/5-8 R:15"

**BackStroke Drill: 5:10-5:20pm**

**NonFree, plus EZ FREE:**

4 x (4 x 25) Backstroke R:15"

1 x 200 Ez Free R:30"

2 x (4 x 50) Backstroke R:15"

1 x 200 Ez Swim R:30" (1200)

**Bonus Set:**

4 x (4 x 25) Breaststroke R:30"

1 x 200 Ez Swim R:30" (600)

**Cool Down: (5:55pm)**

300 Choice