

Scrambled Eggs (broken IMs)

Warm up (600):

200 swim

200 kick

200 drill (broken in 50s of IMO)

3x 300 Broken Swim: (900)

Free build/cruise, 25s FAST R:20sec

1) 100 free, 4 x 25 fly, 100 free

2) 100 free, 4 x 25 back, 100 free

3) 100 free, 4 x 25 breast, 100 free

200 free easy or pull

2x [4 x 75 Broken IM]: (300/600)

Outside lengths fast, Middle length easy R:20sec

1) fly/free/fly

2) back/free/back

3) breast/free/breast

4) fly/back/breast

200 cool down
