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Outline

Headings you add to the document will appear here.

# ***FRIDAY DEATH PRACTICE: 6/21***

## **Warm up**

1x800 S.K.I.P

1x200 Swim

1x200 Kick

1x200 IM (25 drill/25 swim per str)

1x200 Pull

(800)

## **2x thru (R 30" on everything):**

*1x300 Locomotion*

*25 fast/ 25 EZ;*

