

Warm-Up (300 yards)

- **1x300**, 100 Swim/100 Kick/100 Choice

(300)

Drill Set “Skull Me Baby One More Time” (150 yards)

– **1x100** Skull IM

– **1x50** Windshield Wipers

(450)

Main Set 1 “Eclectic IMs” (2700 yards)

– **12x25s** Non-free IMO on :35/:45/:55

– **11x50s** 25 Non-free FAST/25 EZ on :50/1:00/1:10

– **10x25s** Dolphin Kick SLOS on :40/:50/1:00

– **9x50s** 25 Back/25 Breast on :55/1:05/1:15

• DO A GOOD TOUCH TURN THANK YOU

• Or a crossover turn if you’re feeling it lol

– **8x50s** IMO (2 of each) on :55/1:05/1:15

– **7x50s** 25 Breast/25 Free on :55/1:05/1:10

• DO A GOOD TOUCH TURN THANK YOU

– **6x25s** Free descend 1-3 on :30/:40/:50

– **5x50s** 25 Fly/25 Back on :55/1:05/1:15

• DO A GOOD TOUCH TURN THANK YOU

(3150)

1x300 Cooldown

(3450)