

Focus: Mid-Distance

Warm Up:

200 Free + 200 Kick + 200 Pull (600)

Broken 500 Free + 200 Non-Free Choice:

2 x 250 Free

2 x 100 NF (700)

5 x 100 Free

4 x 50 NF (700)

1 x 400 Free + 1 x 100 SLOB Kick

2 x 75 NF + 50 NF (700)

Bonus: as time permits

1 x 300 Free + 1 x 200 Free DPS

8 x 25 NF (700)

2 x 200 Free + 1 x 100 Free DPS

1 x 100 NF + 2 x 50 NF (700)