

Worst - Least Favorite - Set

10 x 200 Fly

Worst - Least Favorite - Set

Distance - 200's

Worst - Least Favorite - Set

All Weird Drills

Worst - Least Favorite - Set

200's with short rest

Worst - Least Favorite - Set

Timed 200's

Worst - Least Favorite - Set

Straight 200 Free

Worst - Least Favorite - Set

Worst - Least Favorite - Set

Anything Rhythm

Worst - Least Favorite - Set

Build up & down 400 IM
(6400 yds total)

Worst - Least Favorite - Set

All IM
All the Time

Worst - Least Favorite - Set

Anything Breaststroke

Worst - Least Favorite - Set

30 x 100s!!!!

Worst - Least Favorite - Set

Worst - Least Favorite - Sets

16 x 100 IM
4 x 200 Free

Worst - Least Favorite - Set

Worst - Least Favorite - Set

Worst - Least Favorite - Set

Worst - Least Favorite - Set