

April IMs & 1k

3,250 yards - Friday, April 24

Warmup - 600 yards

- 4 x 50 kick
- 2 x 100 pull
- 1 x 200 swim

1650 Free - 5 sec. rest

11-10-9-8-7-6-5-4-3-2-1 (Lengths)

400 IM - Broken 10 sec. rest

- 1 x 100 Fly
- 1 x 100 Back
- 1 x 100 Breast
- 1 x 100 Free

Cool Down- 600 yards

- 3 x 200 Choice