

May Day Mayhem!

3,200 yards - Friday, May 1

Warmup - 400 yards

- 200 swim
- 200 pull

2 x 1,000 yd - 2,000 yards

- 5 x 200 Free, 15 sec. Rest
- 10 x 100 Alternate Free and IM, 15 sec. Rest

400 IM - Broken 10 sec. rest - 400 yards

- 1 x 100 Run Down/Fly Back
- 1 x 100 Shark Down/Back Back
- 1 x 100 Feet First Scull Down/Breast Back
- 1 x 100 One Breath Down/Free Back

Cool Down- 400 yards

- 400 Alternate Kick & Pull by 50s