

warm up	
swim	300
drills (drill drill swim)	
streamline push off	50
six six	75
zipper	75
barrel	75
2-sec pause	75
main	
3x100 holding stroke count, on : 20 RI	300
6x50 pulling	300
3x100 holding stroke count, on : 20 RI	300
8x25 on :45	200
cool down	200
total	1950