

#Tsunami sets

200 free	0 yds 5:15 pm
6x25 odds scull/ evens build	200 yds 5:18 pm
Main set	350 yds 5:21 pm
12x50 free@1:00 b 3's DPS per length try for only 8-10	
1:00 break	
11x25 choice@:40 Odds FAST, evens JMSO	
1:00 break	
10x50 @:50 back or free at least 4 UW kick fast breakouts off walls	
1:00 break	
9x75 @1:40 IM skip free, good turns	
1:00 min break	
8x50 free@1:00 25 b 3's /25 b 5's	
1:00 min break	
7x50 free @1:00 extend UW JMSO	
1:00 min break	
6x25@:40 free long and smooth, long UW	
1:00 min break	
5x100 free @2:00 75 80% last 25 sprint	
1 min break	
4x25@:40 fly	
3x25@40 back	
2x25@:40 breast	
1x25@:35 free	

#Tsunami totals:

4050 Yards - 6:42 pm (1 hr 27 min) - stress: 125