

#HurricaneLisa #Tsunami sets

200 free rest :20 when done	0 yds 9:00 pm
200 kick free rest :20 when done	200 yds 9:03 pm
200 IM drillrest :20 when done	400 yds 9:07 pm
200 free paddles/snorkel, rest :20 when done	600 yds 9:07 pm
8x50 @1:00 odds 25 tarzan/25 build free, evens 25 scull free/25 build free	800 yds 9:10 pm

#HurricaneLisa totals:

1200 Yards - 9:26 pm (26 min) - stress: 36