

2x100 free w snorkel @2:30 or rest for 20 seconds
2x100 free kick@2:30 ish or rest for 20 seconds
3x50 IM transition do your crossover turn rest for 10 seconds between each 50
6x50 odds free evens choice@1:00/1:05/1:10
5x100 free@2:00/2:10/2:15
50 ez @2:00
6x25 Top stroke Non free FAST@:45
50 ez @1:00
6x25 free FAST@:40
50 ez @1:00
8x25 IM order by 2
100ez