

7 - 4X25 DIVE PLUNGES	1 - 4X25 FR SPRINT @45	16 - 200 IM FOR TIME	25 - 400 FREE FOR TIME	21 - 200 FLY FOR TIME
13 - 14X100 FR @ 400P @1:30	6 - 4X25 TEXAS TUMBLERS FLIP EVERY 5 STROKES FAST	23 - 200 BK FOR TIME	10 - 4X25 BR SPRINT @45	5 - BREAK A WORLD RECORD RELAY
8 - 100 IM FOR TIME	11 - 4X25 FLY SPRINT @45	19 - 2MIN VKICK MAX	2 - 2X25 DOING YOUR BEST TURKEY IMPRESSION ON BACK	4 - 6X25 HL KICK FINS SNORKEL
20 - 4X50 STROKE COUNT @60	24 - 4X50 IM DIVE MAX 1:30	17 - 200 PULL FOR TIME	22 - 200 BREAST FOR TIME	12 - 4X25 BK SPRINT @45
3 - 400 IM FOR TIME	14 - 200 KICK FOR TIME	9 - 100 FREE FOR TIME FINS	15 - 200 FR FOR TIME	18 - 200 SOCIAL KICK FINS

8 - 100 IM FOR TIME	11 - 4X25 FLY SPRINT @45	5 - BREAK A WORLD RECORD RELAY	10 - 4X25 BR SPRINT @45	12 - 4X25 BK SPRINT @45
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