

Senior Workout for Thursday, May 22

Meet Warm-up 1500

600 fr

300 st

200 im kick, no board

8x50 ms on htal, build to sprint turn and breakout

Race Day

25 ch for time

50 ch for time

100 ch for time

200 ch for time

400 ch recovery

500 fr for time (counters are probably in the storage area if you need them)

400 ch recovery

If time remains, turn work