

# RU KRAL'S DRAG RACE 4/5/2022

100 free 2 x 50 kick w/10 sec rest alternate free/stroke kick by 25 2 x 50 free w/10 sec rest 2 x 25 choice w/10 sec rest	150 free 2 x 50 kick w/10 sec rest alternate free/stroke kick by 25 2 x 50 free w/10 sec rest 2 x 25 choice w/10 sec rest	200 free 2 x 50 kick w/10 sec rest alternate free/stroke kick by 25 2 x 50 free w/10 sec rest 2 x 25 choice w/10 sec rest
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8 x 25 on 50 sec  
IM order by 2 (2 fly, 2 back, 2 breast, 2 free)  
evens are FAST, odds are recovery  
1 min rest

250 pull/swim w/breath control | 300 pull/swim w/breath control | 350 pull/swim w/breath control

8 x 25 on 45 sec  
IM order  
evens are FAST, odds are recovery  
1 min rest

150 pull/swim w/breath control | 200 pull/swim w/breath control | 250 pull/swim w/breath control

8 x 25 on 40 sec  
Freestyle  
evens are FAST, odds are recovery  
1 min rest

50 pull/swim w/breath control | 100 pull/swim w/breath control | 150 pull/swim w/breath control

8 x 25 on 35 sec  
Freestyle  
evens are FAST, odds are recovery  
1 min rest

100 free easy