***Hypoxic Training***

1000@14:00 swim D-P-S

2x500@ 645 pull by 5

5x200@245 pds by 5

20x50@ 100  odds under/ fr. Evens under/fly

16x25@ 40 no brth free

8x50@115 3 brths

4x100@200 8 brths

2x200@400 16 brths

20x50@100 IM order

30 x over/under’s – sprint kick UW then sprint above water @ 40

20 x 50 @ 50 – pull – make in 4 breaths or less