

Warm Up
400 swim
4 x 150 kick @ kb+5
8 x 50 @ b+15 reverse IM order
1400

Set 1
400 @ b
2 x 50 @ b -5
30 seconds rest
300 @ b
4 x 50 @ b -5
30 seconds rest
200 @ b
6 x 50 @ b -5
30 seconds rest
100 @ b
8 x 50 @ b-5
2000

Warm Down
100 easy

TOTAL: 3,500