

Warm Up
500 choice

Main Set
2x through:
3 x 100 @ b -5
300 @ b
2 x 150 @ b -10
4 x 50 choice @ b +15
(2200)

Set 2
500 pull -> breathe 3/5/7 by 50 (you'll have one extra 50 breathing every 3)

Warm Down
6 x 50 no or one breath down, easy swim back @ b +30 (or whatever base you want)

TOTAL: 3,500