Warm Up
400 swim
4 x 100 kick @ kb
6 x 50: 2 @ b +10, 2 @ b +5, 2 @ b
1100

Set 1
2 x 50 @ b +20
100 @ b
2 x 50 @ b +20
200 @ b
2 x 50 @ b +20
300 @ b -5
2 x 50 @ b +20
400 @ b -10
2 x 50 @ b +20
500 FAST
2000

Warm Down
4 x 50 @ b +30->No breath down, super easy back

TOTAL: 3300