

Warm up  
600 choice

Set 1  
4x75 (50 drill/25 swim)  
-->Odds: Drill is Single Arm Drill  
-->Evens: Drill is Rhythm Drill  
3x75 (50 kick/25 swim)  
2x75 decreasing stroke count on each 25  
1x75 building by 25s  
-->Maintain that nice long stroke length, but pick up your tempo.  
(750)

Set 2 (Main Set)  
1x800, moderate steady pace @ b  
8x50 @ b +5, faster pace than 800  
1x400 at the pace of your 50s  
(1600)

Set 3:  
5x100  
-->#1 easy swim  
-->#2 50 kick, build/50 easy swim  
-->#3 25 easy swim/50 kick, build/25 easy swim  
-->#4 50 easy swim/50 kick, build  
-->#5 easy swim  
(500)

Warm Down  
150 easy choice

Total: 3,600