

Warm Up

600 warm up as: 3x 50 kick, 50 drill, 100 swim
(600)

Set 1

6 x 100 kick descend 1-3, 4-6 @kb

8 x 50 @ b+20 as:

-> 2x through: buildup, build down, easy, fast
(1000)

Main Set

8 x 200 free @ b+30

-> Descend to fast: 1-4, 5-8
(1600)

Warm Down

200 easy

TOTAL: 3,400