

Warm Up
300 swim
200 kick
300 K/D/S IM order by 25
800

Set 1
4 x 150 @ b
200 @ b -10
3 x 150 @ b
200 @ b -10
2 x 150 @ b
200 @ b -10
150 @ b
200 @ b -10

Feel free to mix up the bases on this set depending on the type of workout you are looking for (ie, whole set at b, 200s at b -5, etc)

2300

Warm Down
200 easy

TOTAL: 3,300