

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