

Warm Up
200 swim
3 x 100 kick
2 x 200 pull
3 x 100 drill
100 swim
(1100)

Set One
4 x 200 @ b +10
First 50 stroke (IM order), 150 free
(800)

Set 2
600 swim descend by 200 @ b
100 kick @ kb +10
500 pull @ b
200 kick @ kb +10
400 swim negative split @ b
300 kick @ kb +10
300 pull @ b
(2400)

Warm down
100 easy

Total: 4,400