

Warm Up

400 swim

4 x 100 kick @ kb

8 x 50 free/stroke by 25 @ b +15

(1200)

Set 1

4 x 50 @ b +15

400 @ b

4 x 50 @ b +15

300 @ b

4 x 50 @ b +15

200 @ b

4 x 50 @ b +15

100 @ b

(1800)

Warm Down

200 easy

Total: 3,200