

Warm Up

12 x 75 @ :10 rest

-> 3 free, 3 kick no board, 3 back/breast/free, 3 breathe every 5
900

Set 1

2x through:

3 x 250 @ b -> descend 1-3

2 x 250 @ b +30 -> very strong

-> Swam as 100, 50, 50, 50 w/ :10 rest between swims
2500

Set 2

800 pull negative split

Warm Down

100 free/100 back

Total: 4,400