

Warm Up
400 choice

Main Set

1000 swim @ b (goal is to finish swim in under b -50)
800 swim @ b (goal is to finish swim in under b -40)
600 swim @ b (goal is to finish swim in under b -30)
400 swim @ b (goal is to finish swim in under b -20)
200 swim @ b (goal is to finish swim in under b -10)
(3000)

Set 2

200 kick
400 pull -> breathe 3/5/3/7 by 100
(600)

Warm Down
200 choice

Total: 4,200