

Warm Up  
300 Swim  
200 Drill-Swim by 25  
100 Kick  
(600)

Set 1  
Repeat 3x:  
50 build @ b+5  
2 x 25 FAST @ b +10  
1 x 50 Kick @ kb  
(450)

Set 2  
1 x 400 Free - Build by 100 (pull optional) @ b  
2 x 25 stroke @ :30 (adjust if necessary)  
2 x 50 Kick @ kb  
1 x 300 Free - Build by 100 (pull optional) @ b  
4 x 25 stroke @ :30 (adjust if necessary)  
2 x 50 Kick @ kb  
1 x 200 Free - Build by 50 (pull optional) @ b  
8 x 25 stroke @ :30 (adjust if necessary)  
2 x 50 Kick @ kb  
1 x 100 Free Strong (try to come in at b -10 or under)  
(1700)

Set 3  
1 x 25 (6 underwater fly kicks off the wall) @ :40 (adjust if necessary)  
1 x 50 Free - sprint in between the flags @ b +5  
1 x 25 Sprint @ :40  
1 x 50 Easy  
(150)

Warm Down  
100 easy

TOTAL: 2900