

Warm Up

300 swim

200 kick

300 K/D/S IM order by 25

800

Set 1

4 x 150 @ b

200 @ b -10

3 x 150 @ b

200 @ b -10

2 x 150 @ b

200 @ b -10

150 @ b

200 @ b -10

Feel free to mix up the bases on this set depending on the type of workout you are looking for (ie, whole set at b, 200s at b -5, etc)

2300

Warm Down

200 easy

TOTAL: 3,300