

Warm Up

300 swim

200 kick

300

-> 2x: 25 kick (no board), 25 R arm, 25 kick (no board), 25 L arm, 50 distance per stroke

4 x 50 @ :15 rest

-> 2x through: build up, build down, easy, fast

1,000

Main Set

3x through:

4 x 50 descend @ b+15

-> descend by :02 each 50, to 95% effort

2 x 100 @ b +15

-> #1 hold b -10, #2 hold b -15

200 descend to fast

1:00 rest

4 x 50 kick @ kb, descend 1-4

300 pull

:30 rest

3,300

Warm Down

200 easy (throw some kick in there)

TOTAL: 4,500