

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