

Warm Up

300 swim

200 kick

300 K/D/S IM order

200 pull

1000

Main Set

2 x 75 K/D/S by 25 @ b +20

100 descend @ b

2 x 75 K/D/S by 25 @ b +20

200 descend by 50s @ b

2 x 75 K/D/S by 25 @ b +20

400 descend by 100s @ b

2 x 75 K/D/S by 25 @ b +20

200 descend by 50 @ b

2 x 75 K/D/S by 25 @ b +20

100 descend by 25 @ b

50 easy

1800

Warm Down

200 easy choice

TOTAL: 3,000