

Warm Up  
200 swim  
3 x 100 kick  
2 x 200 pull  
3 x 100 drill  
100 swim  
(1100)

Set One  
4 x 200 @ b +10  
First 50 stroke (IM order), 150 free  
(800)

Set 2  
600 swim descend by 200 @ b  
100 kick @ kb +10  
500 pull @ b  
200 kick @ kb +10  
400 swim negative split @ b  
300 kick @ kb +10  
300 pull @ b  
(2400)

Warm down  
100 easy

Total: 4,400