

Warm Up

300 swim, 200 pull, 100 kick  
(600)

Set 1

4x:

50 kick, 50 drill, 50 drill, 50 swim @ b +20

->IM order (one of each stroke, do these on a comfortable base, it's just to get the blood flowing, move all the muscles)

(800)

Main Set

2x through:

300 paddles only @ b -5

2 x 150 swim @ b->build to 80-85%

3 x 100 swim BEST AVERAGE PACE @ b+20

1:00 recovery (and to get your paddles back on for the second round)

(1800)

Warm Down

300 choice

TOTAL: 3500