

Warm up:

400 swim

300 pull

4 x 50 kick @ :10 rest

100 swim

(1000)

Set One (Main Set):

3 x 200 descend to fast @ b

100 easy @ b +40

3 x 150 descend to fast @ b

150 easy @ b +30

3 x 100 descend to fast @ b

200 easy @ b +20

4 x 50 ALL OUT FAST @ b +30 (see what you can hold)

(2000)

Set Two:

5 x 100 kick @ kb

500 pull breathe 3/5/7/5/3 by 100 @ b +15

(1000)

Warm down

200 easy

TOTAL: 4200