

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