

Warm Up

300 swim

3 x 100 kick/swim by 50 @ :10 rest

300 swim

3 x 100 drill swim by 50 @ :10 rest

(1200)

Set 1

3 x 100 @ b + 5

1 x 150 @ b negative split

3 x 100 @ b

1 x 150 @ b negative split

3 x 100 @ b -5

1 x 150 @ b negative split

3 x 100 @ b +10 holding faster pace than previous 3 100s (should be holding ~b -10-15, or 90% effort)

200 nice and easy @ b +20

300 FAST negative split

(2150)

Warm Down

3 x 150 @ :15 rest, middle 50 drill or stroke