

Warm Up
500 choice

Main Set
2x thru:
5 x 50 stroke/free (your choice stroke) @ b +15
4 x 100 free @ b
3 x 50 kick @ kb
~extra :30 for equipment change~
2 x 100 @ b -5
1 x 50 easy
(2100)

Warm Down
8 x 50 @ b +20
->Odds no breath down, ez back
->Evens DPS down, ez back

TOTAL: 3,000