

Warmup on own for 10 minutes

Warmup - 400

8 x 50 drill

2 - 6 beat kick on one side/take three strokes/6 beat kick on your other side

2 - fist drill

2 - drill one stroke (suggestions: one-arm fly, one pull/three kicks for breaststroke, 6 beat kick drill for backstroke)

2 - drill another stroke

Main set - 1,100

4 x 200 solid, steady pace on an interval

50 ez

1 x 200 FAST (get your time)

50 ez

IM set - 600

4 x 100 IM solid, steady pace on an interval

50 ez

1 x 100 IM FAST (get your time)

50 ez

Kick set — 300

6 x 50 — hard 25/hard wall/easy kick back

Cooldown

Total: 2400, plus warmup and cool down