

Warmup on own for 10 minutes

Warmup - 450

3 x 50 - kick/swim

3 x 50 - drill/swim

3 x 50 - build

Free set - 1,000

4 x 100 free - descend 1-4

30 seconds rest

3 x 100 free - descend 1-3

30 seconds rest

2 x 100 free - one easy, one fast

1 minute rest

1 x 100 free - all out

50 ez

IM set - 1,000

8 x 125 IM rolling (two sets of 4)

Roll the 50, so start with 50 fly, 25 back, 25 breast, 25 free

Then 25 fly, 50 back, 25 breast, 25 free. Etc

Cooldown

Total: 2500, plus warmup and cool down