

Warmup on own for 10 minutes

Warmup - 400

4 x 50 — kick/swim

4 x 50 - drill/swim

Main set - 2,000

50 easy - 100 medium - 150 medium/fast - 200 FAST

50 easy - 100 medium - 150 FAST - 200 easy

50 medium - 100 FAST - 150 easy - 200 medium

50 FAST - 100 easy - 150 medium - 200 FAST

50 easy

Cooldown

Total: 2500, plus warmup and cool down