

Warmup on own for 5-10 minutes

Warmup - 450

9 x 50 drill/swim by 25

3 sets (do at least one of these sets back or one-arm fly)

1st - right arm

2nd - left arm

3rd - build

Main set - 1,800

300 - free

200 - IM

150 - free

100 - stroke

50 - kick

200 - IM

150 - free

100 - stroke

50 - kick

150 - free

100 - stroke

50 - kick

100 - stroke

50 - kick

50 - kick

Cooldown

Total: 2,250, plus warmup and cool down