

## **Warmup on own for 10 minutes**

### **Warmup - 450**

3 x 50 - kick/swim

3 x 50 - drill/swim

3 x 50 - build

### **Main set - 1,600**

15-20 seconds between each, perhaps 30-40 seconds between the two 300s.

50 - free

100 - free

150 - free

200 - free

300 - free

300 - IM or stroke

200 - IM or stroke

150 - IM or stroke

100 - IM or stroke

50 - IM or stroke

50 ez

### **Kick set - 400**

8 x 50 kick — two of each stroke

EZ on the first 25, hard on the way back

Cooldown

**Total: 2500**, plus warmup and cool down