

**Warmup on own for 10 minutes**

**Warmup - 500**

4 x 75 - kick/drill/swim

4 x 50 - build

**Main set - 1,400**

**This is choice of stroke**

1 x 100 fast/1 x 100 easy

2 x 100 fast/1 x 100 easy

3 x 100 fast/1 x 100 easy

4 x 100 fast/1 x 100 easy

**Kick set - 500**

Choice

5 x ( 2 x 25 easy-medium/1 x 50 fast)

Cooldown

**Total: 2400**, plus warmup and cool down

**If you've got more than an hour, add this set:**

**IM set — 300 or 600**

4 or 8 x 75 rolling IMs