

Warmup on own for 10 minutes

Warmup - 500

4 x 75 - kick/drill/swim

4 x 50 - build

Main set - 1,650

Set 1:

1 x 100 - free

2 x 75 - IM

3 x 50 - stroke

4 x 25 (hard) - kick

50 ez

Set 2:

1 x 100 - IM

2 x 75 - stroke

3 x 50 - kick

4 x 25 (hard) - free

50 ez

Set 3

1 x 100 - stroke

2 x 75 - kick

3 x 50 - free

4 x 25 (hard) - stroke (IM order)

50 ez

300 stretch-out/cooldown

Total: 2,450