

300 warmup — mix strokes

4 x 50 choice — drill/swim by 25

6 x 100 free — 25 ez/50 fast/25 ez

4 x 150 pull — B 3/5/3/7 by 25

2 x 200 free — negative split

1 x 100 ez

1 x 300 kick w/ fins

total: 2500y

300 swim — mix strokes

200 kick/drill by 25

100 “people paddle”

2, 3, or 4X:

4 x 50 — 25 non-free/25 free DPS

1 x 100 — non-free build —> 80%

1 x 100 — free sprint

1 x 50 EZ

Total: (2x - 1500y) (3x - 1950y) (4x - 2400y)

3 x 100 free

3 x 100 IM or non-free

6 x 50 w/ fins — 25 kick/25 swim

200 pull

4 x 150 — 50 free/50 IMO/50 free

200 kick

8 x 50 — 1-6 fast, last 2 ez

total: 2600y

300 swim mix strokes

2 x 150 K/D/S by 25

100 — 25 pull/50 scull/25 pull w/ buoy

8 x 50 — O: free, E: non-free

1-4 drill or kick w/ fins, 5-8 swim

4 x 100 on 15-20s rest interval

O: free — moderate pace, max DPS, no B in/out of walls

E: 25 ez/ 50 choice sprint / 25 ez

2 x 150 free — pull B 3/5/3 by 50

2 x 200 free negative split — hard effort

200 ez

total: 2,400y