Warm Up:

300 SWIM

100 KICK

200 PULL

Set 1

6 X 75

1-3: DPS

4-6: DESCEND 1:10 / 1:15 / 1:30

Set 2 3 2 1

12x150

1-3 2:00 / 2:15 / 2:30

4-6 2:00 / 2:15 / 2:30 DESCEND

7-12 100 Moderate Rest :10 / 50 Fast Rest :10

Set 3

150 25 Triple Switch / 25 Swim

150 Swim