Warm Up:

300 SWIM

100 KICK

8 x 75 Drill 50 / Swim 25

 1/2) Catch Up ~ Work the Push

 3/4) LT Arm

 5/6) RT Arm

 7/8) Balance Lt 6 Kicks 3 Strokes

 Balance Rt 6 Kicks 3 Strokes

Set 1

 3 2 1

8 X 100 HOLD EVEN PACE 1:30 / 1:40 / 1:50

 GO FOR IT ON #8

50 EZ

1 MIN REST

8 X 50 DESCEND 1-4 / 5-8 :50 / 1:00 / 1:10

50 EZ

1 MIN REST

8 X 25 ODD SPRINT / EVEN EZ ON :25 / :30 / :35

50 EZ

Set 2

1 X 200 TRY TO SWIM 2 OF YOUR PACE 100’S

 TOGETHER (IF YOU SWAM 1:20 TRY FOR 2:40)

4 x 100 Kick

300 PULL DPS

Warm Down

300 50 SWIM / 50 DRILL / 50 KICK

3750 YDS

Extra Set Try to hold same FAST PACE for ALL

8 x 25 :30 Target :17

4 x 50 :60 Target :35

2 x 100 2:00 Target 1:10

1 x 200 2:25 or LESS ☺