Warm Up:

S-300 K-200 P-200

Set I:

SWIM 4 X 100

(25 BUILD (REST 5 SEC) 25 FAST - 50 EZ)

Set II:

HARD SET

 SWIM 5 X 100 @ FPSO + 200 @ MODERATE INTERVAL

 \*\*\* REPEAT 3 OR 4 TIMES

 \*\*\* SWIM AN EZ 200 AND DONE

Or

5 ON 5 OPTION

 SWIM 5 X 100: EACH ON THE 5 MIN INTERVAL

 \*\*\*\* ALL OUT SPRINTS ON LOTS OF REST

 \*\*\*\* SWIM DOWN WHAT YOU NEED IN BETWEEN,BUT BE READY EVERY

 EVERY 5 MIN.

 PULL 300 STRETCH OUT

 KICK/SWIM 4 X 100: 1ST 25) KICK FAST

 MIDDLE 50) SWIM AND DESCEND

 LAST 25) SWIM EZ

 100 EZ