Warm Up:

200 FREE

150 KICK

100 PULL

50 SWIM

BROKEN 500’S

ALL FREE

200 REST :10

150 REST :10

100 REST :10

50 REST :45-60

GET TIME FOR 500 (SUBTRACT :30 FROM TOTAL)

200 REST :10 **DESCEND THIS ONE**

100 REST :10

100 REST :10

100 REST :45-60

GET TIME FOR 500 (SUBTRACT :30 FROM TOTAL)

200 REST :10 **DESCEND EVEN MORE**

100 REST :10

50 REST :10

50 REST :10

50 REST :10

50 (SUBTRACT :50 FROM TOTAL)

500 PULL DPS

8X50 1-2: 25 FLY/25 BACK

3-4: 25 BACK/25 BREAST

5-6: 25 BREAST/25 FREE

7-8: 50 FREE

8X25 CHOICE

ODD HARD

EVEN EZ

100 WARM DOWN

3,200 YDS