Warm Up:

500 Mix of DPS / Breath 3 / Catch Up

8X50 DESCEND 1-4 / 5-8 :15R

Set 1 3 2 1

200 FREE 2:45 / 3:00 / 3:20

2X100 FREE 1:25 / 1:35 / 1:50

4X50 FREE :45 / :50 / 1:00

8X25 FREE :20 / :25 / :30

100 EZ

Stroke / IM / FREE (EACH LANE CHOOSE)

If you choose free use the set 1 interval, but try to swim each one faster

200 3:15 / 3:45 / 3:20

2X100 1:45 / 1:55 / 2:15

4X50 1:00 / 1:10 / 1:00

8X25 :30 / :35 / :30

100 EZ

4x50 Under down / Over easy back :30R

500 or so Pull/swim ASCENDING to warm down

3200 yds if you finish the 500