Warm Up:

100 SWIM

100 FTD

100 LONG STROKES

100 CATCH UP (MY FAVORITE)

100 SWIM

Set 1 3 2 1

8 X 200 DESCEND

 70% 1-2 3:00 / 3:10 / 3:40

 80% 3-4 2:50 / 3:00 / 3:30

 85% 5-6 2:40 / 2:50 / 3:20

EZ 50

MASTERS 1 OR 2 MIN REST ☺

(HARD W/LONG REST) 7-8 3:00 / 3:10 / 3:40

Set 2 3 2 1

 1:25 1:35 1:50

6x100

 1-3 PACE

 4-6 Build by 25 to Sprint

100 ez

300 to 500 Pull or Swim Breath 3 / 5 by 50

The last part of this is your warm down.