Warm Up:

S-300 K-200 P-200 700/700

Set I: SWIM

4 X ( 25 - 50 - 75) @ EASY INTERVALS

 25 of 1 Stroke; 50 of a 2ND Stroke; 75 OF A 3RD

Perhaps 25 Fly, 50 Back, 75 Breast / 25 Back, 50 Breast, 75 Free

 600/1300

Set II:

REPEAT 3 TIMES

 1 X 125 FREE @ 1:40 (5-10 R)

 1 X 100 IM ON SAME INTERVAL

 1 X 100 FREE @ 1:20 (:10 R)

 1 X 75 SPECIALTY ON SAME INTERVAL

 100 EZ (LANES 2/3 do 50ez) 1500/2800

 \*\* NO BREAK OTHER THAN INTERVAL REST BETWEEN SWIMS

 \*\* TRY TO DESCEND 75's SPECIALTY 1-3

Set III:

KICK 12 X 25 SPECIALTY @ 10 R

 ALTERNATE 1 EZ - 1 MOD - 2 FAST

200 EZ TOTAL 3,300