Warm Up:

S-300 K-200 P-200 (700)

Set I:

SWIM 10 X 25 (2 SETS OF 5)

 1-3: DESCEND STROKE COUNT

 4-5: MAINTAIN LOW STROKE COUNT AND INCREASE SPEED (250/950)

Set II:

1. X 600 (Lane 5&6) (500 Lane 3 & 4) (400 Lane 2) (300 Lane 1)
2. 1ST 300: ALTERNATE 25 DRILL/75 SWIM

 2ND 300: ALTERNATE 50 DRILL/ 50 BUILD-UP TO FULL SPEED

2) PULL: NEG SPLIT (2ND 300 FASTER THAN 1ST)

3) BROKEN 10 SEC AT EACH 100; MODERATE PACE WITH GREAT

 MECHANICS

4) ALTERNATE 100 SMOOTH FREESTYLE WITH 50 SMOOTH NON-FREE

 TOTAL 3,350 / 2,950 / 2,550 / 2,150