WARM UP **300** CHOICE 300/300  
Intervals are for LANE 5/6

LANE 4 ADD :05

LANE 3 ADD :10

LANE 2 ADD :20

LANE 1 ADD :30

SET 1   
**4 X 50** DESCEND @ 0 : 45 (~ 10 sec rest)  
**3 X 75** KICK/DRILL/SWIM @ 1 : 15 (~ 10 sec rest)  
**2 X 100** MID 50 STROKE @ 1 : 40 (~ 15 sec rest)  
**1 X 125** BUILD BY 25 @ 1 : 45 (~ 15 sec rest) 750/1050  
  
SET 2   
**5 X 100** PULL @ 1 : 20 (~ 5 sec rest)  
**6 X 75** BUILD @ 1 : 05 (~ 10 sec rest)  
**7 X 50** KICK @ 1 : 00 (~ 10 sec rest)  
**8 X 25** SPRINT @ 0 : 30 (~ 15 sec rest) 1500/2550  
  
SET 3

**6 X 50** FREE @ 0 : 45 (~ 10 sec rest) 300/2850  
REST 1 MINUTE   
**5 X 50** FREE @ 0 : 40 (~ 5 sec rest) 250/3100  
REST 1 MINUTE   
**4 X 50** FREE @ 0 : 35 (~ 2 sec rest) 200/3300