WARM UP **300** CHOICE   
  
SET 1   
**1 X 100** DRILL/SWIM @ 1 : 35 (~ 15 sec rest)  
**2 X 75** KICK/DRILL/SWIM @ 1 : 15 (~ 10 sec rest)  
**3 X 50** DESCEND @ 0 : 50 (~ 15 sec rest)  
**2 X 75** KICK - BUILD @ 1 : 30 (~ 10 sec rest)  
**1X 100** PULL @ 1 : 25 (~ 10 sec rest) (650/950)  
  
SET 2   
**200** LONG & STRONG @ 2 : 40 (~ 10 sec rest)  
**2 X 100** JUST MAKE IT @ 1 : 15 (~ 3 sec rest)  
**2 X 50** SPRINT @ 0 : 55 (~ 20 sec rest) (500/1450)  
60 SEC REST   
**200** STEADY PACE @2 : 45 (~ 15 sec rest)  
**2 X 100** STEADY PACE @1 : 20 (~ 5 sec rest)  
**2 X 50** STEADY PACE @0 : 45 (~ 10 sec rest) (500/1950)  
60 SEC REST   
**200** HARD @2 : 50 (~ 20 sec rest)  
**2 X 100** HARDER @1 : 25 (~ 10 sec rest)  
**2 X 50** **HARDEST** @0 : 40 (~ 5 sec rest) (500/2450)

SET 3   
**8 x** THIS SET:  
**50** CHOICE @ 0 : 50 (~ 10 sec rest)  
**25** SPRINT @ 0 : 30 (~ 15 sec rest) (600/3050)