**Warm Up**

300 Swim

200 Kick

4 x 75 Drill/Swim/Kick by 25 ~ IM Order (800)

This Is a Long One

1 x 400 SWUM AS 75 FREE / 25 STROKE (400/1200)

60: R

2 X 200 PULL :20 R (400/1600)

60: R

4 X 100 DESCEND 1-4 :20 R (400/2000)

60: R

8 X 50 ODDS KICK / EVENS 25 SCULL/25 EZ SWIM (400/2400)

60: R

16 X 25 1 SPRINT KICK

1 EZ SWIM

1 SPRINT STROKE

1 EZ SWIM

4 X THROUGH ALL ON :30 (400/2800)

400 (go Figure) swam as 50 drill/50 swim (400/3200)