Warm Up:

4 X (100 Swim / 50 Kick / 50 Drill)

Set I:

2 X 250 Auburn IM (Free/Back/Free/Breast/Free)

Set II:

SWIM 2 X BROKEN 500

 \* 200 (REST 10 SEC); 100(REST 10 SEC); 4 X 50 (REST 10 AFTER EACH 50)

 \* Try to hold same Pace throughout

 \* During Pace 50's, also work stroke count

 \* 2nd 500 may be pull

Set III:

SWIM 4 X (4 X 25 FREE)

 1ST SET: Swim at a "super slow " speed. This should be much

 slower than you would ever normally swim. The focus

 here is maintaining balance throughout the rotation

 from side to side.

 2ND SET: Swim a little faster, but STILL slower than your

 normal easy 25's. Maintain balance

 3RD SET: At about your normal easy speed. Add the focus of

 keeping stroke long

 4TH SET: Moderately fast with LONG BALANCED STROKES

Set IV:

SWIM 3 X (BROKEN 200 + 100 EZ)

 #1- BROKEN 20 SEC AT EACH 50

 #2- 75(REST 15); 75( REST 15); 50

 #3- BROKEN 10 SEC AT EACH 50

 TOTAL 3,400