Warm-Up (1200):

- 300 Swim – 300 Kick w/ Fins – 300 Free Pull – 300 IM (25 KOB-25 Drill-25 Swim each stroke)

Pre-Set (800):

- 16 x 25's @ :25
  - Descend Freestyle 1-4, 5-8, 9-12, 1-16, while also descending 4-8-12-16
- 8 x 50's Any Kick @ 1:00

Main Set (2000):

- 16 x 75's Freestyle w/ fins and paddles @ 1:10, descend same as in pre-set (1-4, 5-8, 9-12, 1-16, while also descending 4-8-12-16)
- 8 x 100's Kick w/ fins @ 1:30

Post Set (800):

- 4x
  - 1 x 100 @ 2:00 do as follows:
    - 25 UWDK
    - 25 Skull
    - 25 Drill
    - 25 Build
  - 2 x 50's Swim @ 1:00
    - 1 DPS/DPK, 1 Fast/Strong

Cool Down:

- 200 yards Swimmer Choice