- Warm-Up
    - 400 Free Swim
    - 200 Kick (no fins, any kick)
    - 400 FR Pull w/ snorkel/paddles/buoy
    - 200 DK Skulls w/ Snorkel only
- Pre-Set
        - 12 x 50’s Backstroke @ GO!
            - #1 RA/LA x 25
            - #2, 3, and 4 Descend
- Main Set
    - 4
            - 1 x 150 FR @ 2:30
            - 1 x 100 Stroke (any or combo) @ 1:50
                - Drill/Swim x 25
            - 1 x 50 Fast (FR or Stroke) @ 1:00
- Other
    - 8 x 50’s any kick @ 1:00
- Warm-Down
    - 200 yd choice easy