400 warm up – your choice  
  
4 x 100 as far as you can go off of each wall  
4 x 75 25 freestyle, 25 backstroke, 25 freestyle (:15 rest)  
4 x 50 3 breaths per length (:10-:15 rest)  
4 x 25 FAST (:05 rest)

6x100 Pull (breath 3/5 by 50)  
meaning: 1st 25 breathe every 3, 2nd 25 breathe every 5, 3rd: every 3, 4th: every 5 strokes)

100 easy

***2000 meters***

Bonus if time (do before cool-down)  
4x50 for time – see how fast you can go and for how many 50’s you can hold that specific time