300 swim  
2x100 (50 kick, 50 swim)

2x (4x50, 2x100) descend times for each *round  
🡪 Explanation:*1st round - 50’s shouldn’t be slow but they shouldn’t be fast. Pick a pace that you can hold for 4x50’s (same with the 100’s)  
2nd round: try to beat the time that you were able to hold in the first round

50 easy

12x50 kick, descend in groups of 3  
1: slow, 2: medium, 3: fast – Repeat

100 warm down

***2050 yards***

***If there is extra time, do a 3rd round of main set! 🡪 2450 yards***