Warm-Up (1400, 24 minutes):

- 4-3-4-3:
  - 400 Swim – 300 Kick w/ Fins – 400 Free Pull – 300 IM (25 KOB-25 Drill-25 Swim each stroke)

Pre-Set (1200, 20 minutes):

- 4x
  - 4 x 25 KWB @ :30
  - 4 x 25's Swim @ :25 (IMO <u>each</u> Round)
  - 1 x 100 Freestyle @ 1:20 (long/DPS)

Main Set (1800, 32 minutes):

- 4x

  Odd Rounds – NO FINS, Even Rounds – w/ FINS (same intervals)

  - 3 x 25's UWDK's @ :30 (1 breath or less is goal, resubmerge unless you make it to opposite flags)
  - 3 x 75's Descend @ 1:10 (exaggerate UWDK's off deep walls)
  - 3 x 50's All Out Kicks @ :50 (board optional)
  - :30 Rest between Rounds

Post Set (800-1200, 13-18 minutes):

- 8-12 x 100's @ 1:40
  - All are long DPS most efficient swimming possible
  - Odds Stroke or IM, Evens Free Only

Cool Down:

- Swimmer Choice, based on time left