Warm-Up (800)

- 800 Swim, do 150 Free, 50 Fly Drill, 150 Free, 50 Back Drill, 150 Free, 50 Breast Drill, 150 Free, 50 Free Drill

Pre-Set (1500)

- 30 x 50's w/ Fins @ :55
    - 1-10 Kick w/ Board
    - 11-20 KOB (long UWDK's off deep end wall)
    - 21-30 Backstroke Swim (long UWDK's off deep end wall)

Main Set (1800)

- 6 x 300's:
    - 250 Easy/Smooth Free @ 4:30, 1 x 50 Spprint Free @ :45
    - 200 Easy/Smooth Free @ 3:30, 2 x 50's Sprint Free @ :45
    - 150 Easy/Smooth Free @ 2:45, 3 x 50 Spprint Free @ :45
    - 100 Easy/Smooth Free @ 1:45, 4 x 50's Sprint Free @ :45
    - 50 Easy/ Smooth Free @ 1:00, 5 x 50's Sprint Free @ :45
    - Take 1 min
    - 1 x 300 Free Fast

Post Set (800)

- 16 x 50's @ 1:10 Any Stroke or Drill other than free
    - 4x
        - 1-3 Good Mechanics
        - 4 Fast, increasing effort 4,8,12,16

Warm-Down (400)

    - 400 Fr smooth w/ Snorkel, Short fins, paddles