500 7:30

400 6:00

300 4:30-4:45

200 3:00-3:15

100

\*last 100 IM

12 x 75 1:15-1:25

1st 25 fly

2nd 25 streamline fly kick on back

3rd 25 6 underwater fly kicks/3 cycles fly/dps free

6 x 300 Paddles and Pullbuoy

Odds-100 free/50 backstroke 4:30-4:45

Evens-100 free/50 breaststroke 4:45-5:00

50-15 meters underwater kick/dps swim 2x 1:00

100 kick 1:20/1:25/1:30/1:40/1:45

50 25 plow kick/25 moderate kick 1:30

8x

200 warm down