

Warmup on own for 10 minutes

Warmup - 450

3 x 50 - kick/swim

3 x 50 - drill/swim

3 x 50 - distance per stroke: count them, lower them — thinking about gliding, hip roll and streamline.

Distance set - 1,600

Descend your pace on these, starting out at a solid, steady pace (not an easy pace) to begin. The 100 should be fast.

For those stroke-lovers, you could alternate free and IM/stroke.

700

500

300

100

100 ez

Kick set - 400

8 x 50 non-free - mix them up

OR

8 x 50 kick (especially good if your arms feel like they've had enough for the day)

Cooldown

Total: 2550, plus warmup and cool down