

Warmup on own for 5-10 minutes

Warmup - 600

2 x (one set free, one non-free of your choice)

100 kick

100 drill

100 swim

Main set - 1,600

2x (one set free, one set IM or stroke)

1 x 200 - strong and steady

2 x 100 - one fast, one easy

4 x 50 - descend 1-4

8 x 25 - one fast, one easy

Kick set - 300

4 x 75 - build by 25

Odd - flutter kick

Even - non-flutter of your choice

Cooldown

Total: 2500, plus warmup and cool down