

Warmup on own for 5-10 minutes

Warmup - 500

4 x 75 - kick/drill/swim

4 x 50 build

Main set - 2,000

30 seconds rest (maybe even 45) between each swim.

You can swim these all strong and steady or concentrate on working either the frees or IMs, and taking the others easier.

400 free

100 IM

300 free

200 IM

200 free

300 IM

100 free

400 IM

Cooldown

Total: 2500, plus warmup and cool down