

## Warmup on own for 10 minutes

### Warmup - 450

6 x 75 - kick/drill/swim (do only 4 if you're at risk of not finishing the main set)

### Main set - 2,100

21x100. Done as 5 x (4 X 100) plus a special 100 to celebrate 2021.

You could do these strong and steady, or for the first three sets, you could descend 1-3, with #4 easy. That doesn't work well with broken 100s, though.

#1-4: Free

#5-8: IM

#9-12: Non-free stroke

#13-16: Broken at the 50, with 10 seconds rest at break. Choice.

#17-20: Broken at the 25, with 5 seconds rest at break. Choice

1 minute rest/drink some water

#21 — all-out, choice of stroke

Cooldown

**Total: 2550**, plus warmup and cool down