

Warmup on own for 10 minutes

Warmup - 450

6x75:

1 and 2: kick

3 and 4: drill

5 and 6: build by 25

Main set - 2,000

Put all of them on an interval, and swim them strong and steady

Take 30-60 seconds between each set

(If you've got time, you could slip in a 50 easy between each set)

4 x 200 free

4 x 150 stroke sandwich: 50 free/50 choice of stroke/50 free

4 x 100 IM

4 x 50 kick

If you have extra time: 300

Do a nice 300 stretch-out

Or

6 x 50 (or more):

Odds: hard

Evens: easy

Cooldown

Total: 2450 (2750), plus warmup and cool down