

Warmup - 400

Swim — mix it up. Drills, strokes, build, kick, whatever you need to get warmed up properly.

One big set - 2,400

4 x 150 - strong and steady

4 x 50 - drill/swim (by 25)

6 x 100 (two sets of descend 1-3)

4 x 50 kick

12 x 50 - odds hard, evens easy. Alternate sets between free and stroke.

4 x 50 kick/drill (by 25)

Cooldown

Total: 2,800, plus cool down