

## **Warmup on own for 10 minutes**

### **Warmup - 450**

6 x 75 - kick/drill/swim by 25

### **Main set - 1,500**

50-100-150-200-250

250-200-150-100-50

There are many ways to do this set:

1. All strong and steady freestyle
2. Make every other swim hard
3. Going up, do free. Going down, do stroke/IM
4. Alternate between free and IM
5. All strong and steady stroke

50 ez

### **Sprint set — if you have time - 500**

10 x 50

Odd - hard

Even - easy

These are choice. I recommend stroke if you just did the main set all free, mix it up (alternating between free and stroke) if not.

Cooldown

**Total: 2500** plus warmup and cool down